



Ready to save time, money and eat well? Join us for Cooking From Your Pantry (ONLINE)!

What: Free monthly cooking classes hosted on Zoom by OSU Extension.



You'll learn:

- To prepare TASTY, WHOLESOME MEALS AND SNACKS from pantry staple ingredients distributed through the Oregon Food Bank network
- STRATEGIES AND SKILLS from FoodHero.org to save money, energy and time on food preparation

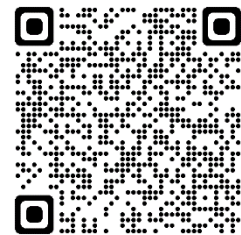
Where: Zoom via any computer, phone or tablet

When: Last Wednesday of the month, noon-1pm

Who: Must be an adult (18+) to participate



To Register: scan the QR code
or go to <https://beav.es/cU6>



For assistance, contact instructors:

Emily Reilly: emily.reilly@oregonstate.edu or 503-325-8573 ext. 263

Lily Joslin: lily.joslin@oregonstate.edu or 503-397-3462



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer. Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service, Columbia Pacific Food Bank and Clatsop Community Action are Equal Opportunity Providers. Accommodation requests related to a disability or dietary restriction should be made when registering to course instructors using the contact info listed above.