



Virtual Cooking & Health Classes

Early Fall 2024

Please join us! All classes require the use of a smart phone or a computer with internet connection. Click on the links below for more information on the classes and to register. For other questions, contact Rebecca.Fallihee@OregonState.edu; 541-344-0249. At this time, classes are only offered in English.

¡No te pierdas de nuestras clases! Todas las clases requieren un teléfono inteligente o una computadora con conexión al internet. Haga clic en los enlaces siguientes para obtener más información sobre estas clases y para registrarse. Para otras preguntas, favor de contactar a Rebecca.Fallihee@OregonState.edu; 541-344-0249. En este momento, las clases sólo se ofrecen en inglés.

Mon. Sept. 9th, 5:15 pm	Food Hero Cook-Along: Vegetarian Ceviche	https://beav.es/p7Y
Thurs. Sept. 12th, 2:30 pm	Food Hero for Older Adults: Focus on Vitamin B12	https://beav.es/p8k
Mon. Sept. 23rd, 5:15 pm	Food Hero Cook-Along: Whole-Grain Spiced Pear Bread	https://beav.es/p7g
Thurs. Sept. 26th, 2:30 pm	Food Hero for Older Adults: Focus on Digestion	https://beav.es/p84
Thurs. Oct. 3rd, 2:30 pm	Food Hero for Older Adults: Focus on Healthy Snacks	https://beav.es/p8o
Mon. Oct. 7th, 5:15 pm	Food Hero Cook-Along: Peanut Butter Cereal Bars and Apple Sandwiches	https://beav.es/p7M



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