

# Upcoming Foods and Nutrition Classes offered by Pasquotank Cooperative Extension

Mark your calendars:

- \***Cook Smart, Eat Smart.** Starting August 16, four weekly sessions (August 16, August 23, August 30 & September 6), 5-8 pm. Simple is the theme of this workshop! Participants will learn *simple*, healthy meal prep for the family using *simple* ingredients and *simple* equipment. Pre-registration and payment is required up front. Participants will cook and taste recipes each night. Magazine with recipes is included. Perfect for singles, young couples, moms, teens, seniors and anyone interested in learning to prepare meals at home. Cost is \$50 for all four sessions. Limit: 10
- \***Canning 101: Salsa.** August 29, 1-4pm. Participants will learn to prepare and can fresh salsa. Pre-registration is required. Cost is \$10. Limit: 10
- \***Introduction to Cooking and Eating the Mediterranean Way.** September 20, 12-2 & 5-7pm. Participants will explore 7 simple steps to eating the Mediterranean way and will also get a chance to taste some delicious recipes. Pre-registration is required. Cost is \$10. Limit: 20
- \***Meal Makeovers: Fruits & Veggies, More Matters.** October 18, 2 sessions 10-12am and 5-7pm. Participants will modify two dishes including a traditional pasta dinner and steak dinner with fries to create healthier meals. Pre-registration is required. Cost for the workshop is \$5. Limit: 10 per session

