



MAINE



SNAP-Ed
 Healthy Eating on a Budget



**Somerset
 Public Health**

Free classes available to the public!

Cooking Matters in Anson

For: Adults

Length: Six sessions from 3 PM–5 PM

Dates: Thursdays starting Aug 24– Sept. 28

Topics:

- ⇒ Cook delicious, affordable meals
- ⇒ Learn how to shop smarter
- ⇒ Plus take a bag of groceries home!

Please contact Betsy or Cheryl to register for the class

Cheryl Curtis

207-858-8462

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Betsy Richard

207-858-8466

brichard@rfggh.net



at the
STORE



**Good Shepherd
 Food-Bank**
Feeding Maine's Hungry

USDA is an equal opportunity provider and employer. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented through a contract with the University of New England (UNE). Utilizing the Healthy Maine Partnership agencies statewide as access points for SNAP-Ed delivery, we strive to educate Maine SNAP recipients on low cost, healthy eating and active lifestyles.

