Cook Smart Eat Smart
Let's Cook!

Prepare simple, healthy and delicious food – with your food budget!

Cooking Classes:
June 9, July 14, August 18

Choose Times:
10:00 a.m. – 1:00 p.m.
or
5:00 p.m. – 8:00 p.m.

Register by:
June 6

Location:
193 Callahan-Koon Rd,
Spindale, NC 28160

Please call 828 287-6010

Perfect for both beginner and the seasoned cook – parents, grand parents, women, men, young adults, teens.

Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Tracy Davis, Extension Agent, Family and Consumer Sciences at 828.287.6010 or Tracy_Davis@ncsu.edu or fax 828 288-4036, or in person at the County Extension office at least 10 days prior to the event.

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