



Community Services of Venango County

203 Center St

Oil City PA, 16301

Cooking Counts!

5 Classes

Every Tuesday

11 am until 1pm

Starting Tuesday, Sept 24th

Ending Tuesday, Oct 22nd

Penn State **Extension**
Nutrition Links



Community Services of Venango County,
Inc.

Phone: 814-676-5011

Fax: 814-677-2195

www.csvenango.com

Resources ☺ Opportunity ☺ Hope

Cooking Counts!





Cooking Counts!

Our Program

Cooking Counts! is a six week program designed to stretch food dollars, learn how to handle food safely and how to plan and prepare tasty, healthy meals especially for families of young children. This six week program will be offered three times a year at our Rocky Grove site. Community Services of Venango, Inc. will provide the services in partnership with Penn State Extension/Nutrition Links.




Our Purpose

Cooking Counts! will help participants gain the skills, knowledge, and confidence to prepare healthy and affordable meals. This hands-on, learning by doing technique will enable you to make positive changes in your life.



Over the next few weeks you will learn to:

- Prepare and eat more meals at home
 - Eat more fruits and vegetables
 - Increase physical activity
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- Make healthy drink choices
 - Limit TV time
 - Control portion sizes
 - Keep food safe
- Comparison shop at the grocery store using unit pricing

Incentives

- Each class participant will receive a basic cooking utensil and food from the lesson to go home and prepare
- \$25 gift card at program end to use at the grocery store
- Completion Certificate



Cooking Counts Classes held at:

Community Services of Venango, Inc.
Rocky Grove Office
39 Parker Ave.
Franklin, PA 16323
814-432-5749

Please register to participate by calling Melinda at 676-5011.

Registration Form

Return form to Melinda at our Oil City Office
203 Center Street

Name: _____

Address: _____

Phone: _____

Best Time to Call: _____ AM 9 - 11:30

_____ PM 12:30 - 4

_____ Evening 5-7

E-mail: _____

Are you a CSVC Member? _____ Early Head Start

_____ Rocky Grove CSVC

_____ Oil City CSVC

Are you interested in other programs provided by CSVC?

_____ Work Wear

_____ Early Head Start

_____ Life Skills

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