Community Services of Venango County Oil City PA, 16301 203 Center St

Cooking Counts!

5 Classes
Every Tuesday
11 am until 1pm
Starting Tuesday, Sept 24th
Ending Tuesday, Oct 22nd

Penn State **Extension Nutrition Links**

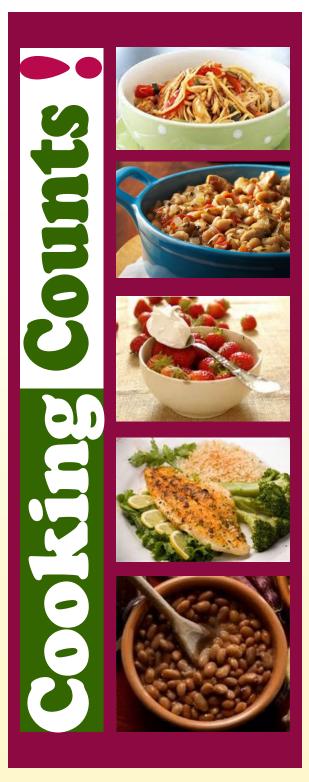


Community Services of Venango County, Inc.

Phone: 814-676-5011 Fax: 814-677-2195

www.csvenango.com

Resources © Opportunity © Hope









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



- 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 Hea	d Start
		Rocky Gro	ove CSVC
		Oil City C	SVC
Are you interested in other programs provided by CSVC?			
		Work Wea	ar
		Early He	ad Start
		Life Skills	

