Cooking Matters: Cooking and Nutrition Workshop

Activities available across Teller County include: Family Development Services, GED and High School Equivalency Classes and Testing, Early Childhood Education, Parenting Programs, Cooking and Nutrition Classes, Adult Exercise, Community Gardens, and Basic Needs Services.

Upcoming Workshop:

Cooking Matters For Families:

Parents and children ages 6-17 are invited to participate side-by-side. Cook, eat and learn together!

Childcare provided

Tuesday - February 5th - March 12th, 5:30 - 7:30pm

RSVP is required, space is limited

Healthy, quick recipes and ideas for cooking
Receive ingredients to practice a recipe at home
Fun hands-on learning
Featuring Vegetables, Fruits, and Whole grains

To RSVP or for more information contact Amy S: 719-686-0705
AmyS@cpteller.org

Community Partnership Family Resource Center
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