

Please return this registration form to a local Community Services Office or call 676-5011.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Best time to call:

\_\_\_\_\_ 9-11:30

\_\_\_\_\_ 12:30-4

\_\_\_\_\_ Evening

Which part of Community Services are you a member of or do you use?

\_\_\_\_\_ Early Head Start

\_\_\_\_\_ Center Street Services

\_\_\_\_\_ Rocky Grove Services

Are you interested in other

Community Services programs?

\_\_\_\_\_ Life Skills

\_\_\_\_\_ Early Head Start

\_\_\_\_\_ Work Wear

\_\_\_\_\_ Community Voices

# Cooking Counts!

Provided by

## Penn State Extension Nutrition Links



Community Services of VENANGO COUNTY

203 Center Street  
Oil City, PA  
Phone: 676-5011  
Fax: 677-2195

39 Parker Avenue  
Rocky Grove, PA  
Phone: 432-5749  
Fax: 432-5618

Resources ☺ Opportunity ☺ Hope

# Cooking Counts!



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## LEARN TO:

- Prepare and cook nutritional meals
  - ⇒ Eat more fruits and vegetables
  - ⇒ Increase physical activity
- Eat the meals you make in class
  - ⇒ Make healthier drink choices
  - ⇒ Reduce TV time
- Make meals for your family with the ingredients you take home
  - ⇒ Control portion size
  - ⇒ Keep food safe
- Use your \$25 gift card to show with the class and buy healthy ingredients for your last class
  - ⇒ Prepare and eat more meals at home



# Cooking Counts!



**6 Exciting Classes:**  
**Every**  
**Tuesday and Thursday**  
**From: 11am til 1pm**  
**Starting: October 1st**  
**Ending: October 20th**



Tear Here

# Cooking Counts!

**ALONG WITH GREAT SKILLS  
YOU WILL RECEIVE:**

- A basic tool used to prepare each meal
  - ⇒ Colander
  - ⇒ Skillet
  - ⇒ Utensils
  - ⇒ Spatula
  - ⇒ Measuring cups
  - ⇒ Measuring spoons
- \$25 gift card for grocery shopping with the group
- Certificate of Completion

