



Cooking for One Online

DATES & TIME:

Thursdays,
11:00am-12:00pm
July 9th to
August 13th

LOCATION:

ZOOM via computer or
smartphone,
or call in and listen via
PHONE

**Pre-register and get
the meeting ID by
calling Laurie:**

517-768-8691

LMead@mijackson.org



JACKSON COUNTY

Department on Aging

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Michigan State University
Extension on social media!



Photo credit: USDA

TARGET AUDIENCE:

College students, adults, seniors, teenagers, and anyone else looking for tips to cook for themselves on a budget!

PROGRAM SUMMARY:

Over the course of six lessons, you will:

- Learn ways to make cooking for one simple and enjoyable
- Learn and discuss tips and tricks to making healthy choices on a budget
- Learn food safety basics
- Participate in safe physical activities right in your living room!

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