

Adult Cooking Class

K-State Research and Extension along with EFNEP, will kick off the 2015 school year with MyPlate for My Family Fall Cooking classes beginning Thursday August 27.

- Why it's important to eat breakfast
- Grocery shopping tips
- Limiting sugar intake
- Cutting fat and extra calories from our meals.
- Earn incentives



Classes begin Thursday August 27 and run through October 22, 4:00 – 5:30 at Crystalbrook Church, 801 W. Chestnut, Independence, KS



Coffeyville Classes coming soon.

Location to be determined.

Tentative dates October 13 –December 8.



For more information contact Kaci Gilchrist at the Independence Extension Office 620-331-2690 or kgilchrist@ksu.edu.

Classes are sponsored by USDA's Supplemental Nutrition Assistance program (SNAP) through a contract awarded by the Kansas Department for Children and Families.



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