

Cooking Smarter Eating Better

presented by



Cornell University
Cooperative Extension
of Suffolk County
Family Health and Wellness Program



Do you feel challenged to prepare and/or serve healthy meals each day? Cooking Smarter/Eating Better Classes will teach you how to prepare simple, healthy and delicious food for you and your family in 4 Sessions.

Each session will cover basic cooking techniques and other topics related to eating and preparing meals at home. Cooking Smarter/Eating Better will also provide tips for stretching your *food dollar* while still eating healthy!

Session ONE: Cooking techniques to be covered; grilling, one-pot meals, (crockpot) and baking. Also included; shopping and planning, buying meat and label reading.

Session TWO: Cooking techniques to be covered; roasting, marinades, grains (rice, couscous and quinoa). Also included; food safety.

Session THREE: Cooking techniques to be covered; soups, pasta, sautéing and stir-fry. Also included; the perfect pantry-what to stock, portion control, knives.

Session FOUR: Cooking techniques to be covered; simple appetizers, salad dressing and salad, quick bread and eggs. Also included; family meals, setting the table and entertaining.

October classes will be held on the following Wednesdays from 6:30pm – 8:30pm:

October 8, 15, 22 and 29, 2014

November classes will be held on the following Mondays from 6:30pm – 8:30pm:

November 3, 10, 17 and 24, 2014

Instructor: Maryann Birmingham

Location: CCE Building, 423 Griffing Ave., Riverhead, NY 11901

Cost: \$125.00 for a 4-session program. All materials and food included in fee. *Pre-registration and payment required.*

For more information and to register, please contact: Anastasia Loper (631) 727-7850 x 340

REGISTRATION FORM - Cooking Smarter / Eating Better

Dates

- Series One: Starts October 8, 2014 \$125.00
 Series Two: Starts November 3, 2014 \$125.00

Cost

All materials and food included in fee.
Space is limited, so register early.

Registration Information

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Payment Information

- Make check payable to *Cornell Cooperative Extension of Suffolk County* and return to:

Cooking Smarter/Eating Better
Attn: Anastasia Loper
423 Griffing Avenue, Suite 100
Riverhead, NY 11901-3071

- Credit card:

- VISA MasterCard

Card number _____

Expiration date _____

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

Directions to Cornell Cooperative Extension

From the West

Take LIE to Exit 72 — Route 58. Continue east to traffic circle and turn right on Roanoke Avenue. Proceed to traffic light and make right turn on Pulaski Street. Make left turn at next light on Griffing Avenue and continue two blocks. Cornell Cooperative Extension will be on right side of street.

From the East

Take Route 25 West (becomes Route 58 after County Road 105) to traffic circle. Go south on Roanoke Avenue and follow directions above.

From the South

Take Sunrise Highway (Route 27) to County Road 51 North. Take CR 51 to end and bear left at CR 94 West (also Route 24). Stay right on CR 94a North and cross river to light at West Main Street. Cross over to Court Street and continue to Griffing Avenue. Turn left and cross railroad tracks. Cornell Cooperative Extension is on left side of road.

Visit our website: www.ccesuffolk.org

Family Health and Wellness

Family Health and Wellness (FHW) is one of the oldest initiatives in the Cooperative Extension system. Originally called Home Economics and supporting rural homemakers with information and classes on home management and food preservation, it expanded into urban and suburban areas as family and consumer sciences with resources on human development, family finances and energy conservation. Today the FHW program continues to evolve and address critical issues facing Suffolk's families: diabetes, childhood obesity and raising healthy children.

FHW educators strengthen families through parent education programs and improve community health through nutrition education, diabetes prevention and self-management, and creating healthier places to live, work and play. They conduct workshops and classes in libraries, schools, county health centers and other community locations throughout Suffolk County. They teach parents, grandparents, educators, child care staff, health care providers, youth workers and human service professionals who care for and work with children, youth and families.