



For More Information Contact:

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Improving the health of local children and families with CHEF

What is CHEF?

Coast to the Cascades Culinary Health Education & Fitness promotes healthy lifestyles in Lincoln, east Linn and rural Benton counties.

Free family cooking classes!

Adults and children will work together to create healthy meals to take home and eat each week. Participants will gain helpful nutrition knowledge, hands-on cooking experience, and will get to try out many new, healthy dinner recipes.

To register visit: <http://bit.ly/2ldAn2w>

- Pre-registration is required.
- Participation in all 5 classes is strongly encouraged.
- The class is capped at 7 families.

Thursdays from 4:00-6:00pm

January 18th through February 15th

at the Lebanon High School

Culinary Education Kitchen.

(1700 S. 5th St., Lebanon, OR 97355)



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