



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION



Operation Frontline
is locally sponsored by:



Side by Side Cooking

A 6-week Cooking and Nutrition Series for Children and Families

- Learn basic cooking skills necessary to prepare healthy, low-cost meals.
- Develop healthy eating habits at home, at school, and when eating out.
- Prepare and share meals together!

WHEN Tuesday, July 13, 20, 27 and
Tuesday, August 3, 10, 17
10 a.m. to Noon

WHERE The Upper Room, a family resource center
36 Tsienneto Road
Derry, NH 03038

CONTACT Sue Schick at The Upper Room
(603) 437-8477 ext. 22

COST FREE



This is a **FREE** Program!

