



# Learn to feed your family healthier on a budget!

**FREE Online Workshops with Cooking Matters NH**

**Thursdays on Zoom from 3:00 - 4:00 pm**

*All attendees receive a \$10 Hannaford gift card!*

May 21st - [Making Recipes Work for You](#)

May 28th - [The Family Kitchen](#)

June 4th - [No More Mealtime Madness](#)

June 11th - [Money Saver Alert!](#)



**Click on blue text to sign up and learn more!**

**Get a special kitchen gadget and be entered to win \$100 in grocery gift cards when you attend all four sessions!**

