Let’s Gather in the Kitchen!

September 16, 23 & 30
6 – 7:30 pm
Hancock County Agricultural Service Center
7868 CR 140, Findlay OH
Call 419-422-3851 to RSVP
$25 per class or $60 for 3-class series

Our Fall session of Live Healthy Hancock focuses on healthy nutrition, and family fun. What better place to create great memories than in the kitchen, playing with food.

Adults & children alike are welcome to attend. To keep a friendly balance, please keep the ratio as 1 adult per 1 school-age child. Limit of 20 participants. (Exceptions can be made based upon needs, please call us to discuss this)

SEP 16  Safety & Germs of the Kitchen
Explore the germs of your kitchen and how to prepare yourself, and food preparation surfaces for delicious tons of mealtime fun!

SEP 23  Safe use of Kitchen Utensils
Kitchen accidents happen! Many of them can be prevented with proper knowledge and usage of kitchen tools.

SEP 30  Meal Deals of the Kitchen
Do you know how to make dinner in a flash with little cash? Stretch your budget with a little planning and escape grocery store cart bulge with a few simple steps!

September is National Child Obesity Awareness Month

• Research shows that 17% of American children between ages 2-19 are obese.

• In families where 50% of meals are eaten outside the home, the rate of child obesity is greater than that of homes where families cook and eat together at least 5 times a week.