



# Free Cooking Classes for Adults!

Join Oregon Food Bank for a 6 week course that will teach you how to prepare nutritious and affordable meals!

## Summer Classes at Oregon Food Bank

**TUESDAYS at OFB Portland**

**7900 NE 33rd Dr.**

**July 23-August 27, 10 AM-12 PM**

**WEDNESDAYS at OFB Beaverton**

**1870 NE 173rd Ave.**

**July 31-September 4, 6 PM-8 PM**



**To register, contact Lina at  
(971) 250-2714 or [LRodriguez@oregonfoodbank.org](mailto:LRodriguez@oregonfoodbank.org)**



- **RECEIVE A FREE BOOK WITH TIPS & RECIPES!**
- **LEARN TO SHOP SMART AT THE STORE!**
- **PRACTICE RECIPES AT HOME WITH FREE INGREDIENTS!**

\*This curriculum is designed for participants who are cooking and shopping for their households\*

\*Classes are open to households at or below 200% of the federal poverty guidelines,  
\$3842/month for a family of four. \*