



Cooking for One

DATE & TIME:

Fridays, 1 - 3 pm
Sept. 6th to Oct. 11th

LOCATION:

MSU Extension Kitchen
1715 Lansing Ave.

COST: FREE!

*Please pre-register! Space
is limited!*

Pre Registration:

Laurie Mead
517-768-8691



Whether you're living on your own for the first time, a single college student, a hard-working adult, or a senior on your own, cooking for one can be fun!

Over the course of six, 2-hour lessons, you will:

- Learn ways to make cooking for one simple and enjoyable
- Learn helpful tips and tricks to making healthy choices, like eating well and being active
- Participate in cooking **real** recipes for one
- Learn simple, safe physical activities to do at home

Wear comfortable clothing and shoes!

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