



Cooking for One

DATE & TIME:

Thursdays, February
6th through March 13th
10:00-11:30am

LOCATION:

MSU Extension Kitchen
1715 Lansing Ave.
Jackson, MI 49202

REGISTER:

Call Laurie Mead
517-768-8691
or email
LMead@mijackson.org



Photo by Andrea Piacquadio from [Pexels](#)

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 lessons, you will:

- Learn ways to make cooking for yourself simple and enjoyable
- Discuss helpful tips and tricks to making healthy choices, like eating well and being active
- Practice planning and shopping strategies for healthy eating
- Participate in cooking and tasting recipes

Follow **MI Health Matters** from
Michigan State University
Extension on social media!



MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

