



**COOKING  
MATTERS®**

# HACK YOUR SNACK

Join us for a **FREE**, interactive class as we discuss:

- Making healthy, homemade snacks
- Tips for saving time when buying and preparing healthy snacks
- How to involve kids in snack prep at home

**February 15th, 2022 7:00pm – 8:00pm**

**Contact: Kara Martin**

**Register in advance:** <https://ntfb-org.zoom.us/meeting/register/tZAvf-usrz8uHdLc9CwXaYF5pfpSIMB4JjRL>

Attend full session and receive a \$10 Kroger E-Gift Card!

