



Cook Smart | Eat Smart



JULY 5, 12, 19, 26 | 10AM-12PM

NC COOPERATIVE EXTENSION - JONES COUNTY | 367-A HWY 58 S., TRENTON, NC 28585

Cook Smart | Eat Smart keeps it simple with simple *healthy preparation techniques, ingredients, and equipment.*

Each session contains several basic cooking techniques and other topics related to eating and preparing meals at home. We also provide tips for stretching your food dollar while still eat healthy.

> REGISTER NOW

[GO.NCSU.EDU/COOK_SMART_EAT_SMART2023](https://go.ncsu.edu/cook_smart_eat_smart2023)



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