



Oregon State University
Extension Service
Lane County

September 2020

Free Cooking & Nutrition Classes



Please join us! All classes require the use of a smart phone or a computer with internet connection. Click on the links below for more information on the classes & to register. For other questions, contact jillian.drewes@oregonstate.edu; 541-344-0249 X1

Thursday Sept. 3rd		
5:00-6:00 pm	Cooking Matters at the Store: Como ahorrar dinero en el supermercado (Spanish)	https://beav.es/opM
Friday, Sept. 4th		
2:00-3:00 pm	Picky Eaters	https://beav.es/opQ
Wednesday, Sept. 9th		
2:30-3:30 pm	Hack Your Snack	https://beav.es/oT3
3:00- 4:00 pm	Cooking Matters at the Store	https://beav.es/oSb
Thursday, Sept. 10th		
3:00-4:00 pm	Drink to Your Health	https://beav.es/oTG
Wednesday, Sept. 16th		
10:00-11:00 am	Picky Eaters/ Comedores Quisquillosos (Spanish)	https://beav.es/opA
2:00-3:00 pm	Introduction to Cooking with Herbs and Spices	https://beav.es/opd
2:30-3:30 pm	No More Mealtime Madness	https://beav.es/oTq
Thursday, Sept. 17th		
1:00-2:00 pm	The Family Kitchen: Cooking with Kids	https://beav.es/oSE
3:00-4:00 pm	Making Recipes Work for You	https://beav.es/oTN
Wednesday, Sept. 23rd		
11:00 am-12:00 pm	Cooking Matters at the Store	https://beav.es/oSL
2:30-3:30 pm	Money Saver Alert: Let's Tac(o) About Food Waste	https://beav.es/oTT
Thursday, Sept. 24th		
10:00-11:00 am	Cooking Matters at the Store: Como ahorrar dinero en el supermercado (Spanish)	https://beav.es/opP
3:00-4:00 pm	Kids Say Yes to Fruits and Veggies	https://beav.es/oTx
Monday, September 28		
5:00-6:00 pm	The Family Kitchen/ La Cocina Familiar (Spanish)	https://beav.es/opW
Wednesday, Sept. 30th		
1:00-2:00 pm	The Family Kitchen: Cooking with Kids	https://beav.es/oSa