



**Oregon State University**  
Extension Service  
Lane County

## October 2020

### Free Cooking & Nutrition Classes– Lane County



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](mailto:jillian.drewes@oregonstate.edu); 541-344-0249 X1

<b>Tues. Oct. 6</b> , 12-1 pm	Money Saver Alert: Let's Tac(o) About Food Waste	<a href="https://beav.es/oPM">https://beav.es/oPM</a>
<b>Tues. Oct. 6</b> , 2– 3 pm	Cooking for One or Two	<a href="https://beav.es/oWL">https://beav.es/oWL</a>
<b>Thurs. Oct. 8</b> , 11-12	Hack Your Snack	<a href="https://beav.es/oWg">https://beav.es/oWg</a>
<b>Thurs. Oct. 8</b> , 3-4 pm	Cooking with a Crockpot	<a href="https://beav.es/oWb">https://beav.es/oWb</a>
<b>Thurs. Oct. 8</b> , 4-5 pm	Cooking Matters at the Store	<a href="https://beav.es/oWP">https://beav.es/oWP</a>
<b>Thurs. Oct. 8</b> , 6-7 pm	Como ahorrar dinero en el supermercado	<a href="http://www.fflc.eventbrite.com">www.fflc.eventbrite.com</a>
<b>Fri. Oct. 9</b> , 11-12 pm	Intro to Cooking with Herbs and Spices	<a href="https://beav.es/oWE">https://beav.es/oWE</a>
<b>Tues. Oct 13</b> , 11-12 pm	Planifique una comida en armonía con sus niños (Spanish)	<a href="http://www.fflc.eventbrite.com">www.fflc.eventbrite.com</a>
<b>Tues. Oct. 13</b> , 10-11	Picky Eaters	<a href="https://beav.es/oWa">https://beav.es/oWa</a>
<b>Weds. Oct 14</b> , 3-4 pm	Intro to Cooking with Herbs and Spices	<a href="https://beav.es/oWR">https://beav.es/oWR</a>
<b>Thurs. Oct.15</b> , 4-5 pm	Kids Say Yes to Fruits and Vegetables	<a href="https://beav.es/oWW">https://beav.es/oWW</a>
<b>Sat. Oct. 17</b> , 11-12 pm	Cooking Matters at the Store	<a href="https://beav.es/oWG">https://beav.es/oWG</a>
<b>Mon. Oct 19</b> , 2-3 pm	Cooking with a Crockpot	<a href="https://beav.es/oWD">https://beav.es/oWD</a>
<b>Mon. Oct. 19</b> , 3-4 pm	La Cocina Familiar (Spanish)	<a href="http://www.fflc.eventbrite.com">www.fflc.eventbrite.com</a>
<b>Mon. Oct. 19</b> , 6-7 pm	Kids Say Yes to Fruits and Vegetables	<a href="https://beav.es/oWm">https://beav.es/oWm</a>
<b>Weds, starting Oct. 21</b> , 11 am– 12 pm	Eating Smart Being Active ( <b>weekly series, 9 sessions</b> )	<a href="https://beav.es/oWX">https://beav.es/oWX</a>
<b>Thurs. Oct. 22</b> , 1-2 pm	Money Saver Alert: Let's Tac(o) About Food Waste	<a href="https://beav.es/oPQ">https://beav.es/oPQ</a>
<b>Sat. Oct 24</b> , 3-4 pm	Hack Your Snack	<a href="https://beav.es/oWY">https://beav.es/oWY</a>
<b>Weds. Oct 28</b> , 10-11 am	Como ahorrar dinero en el supermercado (Spanish)	<a href="http://www.fflc.eventbrite.com">www.fflc.eventbrite.com</a>
<b>Weds. Oct. 28</b> , 4-5 pm	Cooking Matters at the Store	<a href="https://beav.es/oWN">https://beav.es/oWN</a>