



**Oregon State University**  
 Extension Service  
 Lane County



**June 2021**  
 Free Cooking & Nutrition  
 Classes– Lane County  
**Junio 2021**

Clases de cocina y nutrición  
 gratis para el condado de Lane

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 and to register. For other questions, contact [jillian.drewes@oregonstate.edu](mailto:jillian.drewes@oregonstate.edu); 541-344-0249 X1

¡No te pierdas de nuestras clases! Todas las clases requieren un teléfono inteligente o una computadora con conexión al internet. Haga clic en los enlaces siguientes para obtener más información sobre estas clases y para registrarse. Para otras preguntas, favor de contactar a [jillian.drewes@oregonstate.edu](mailto:jillian.drewes@oregonstate.edu); 541-344-0249 X1

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|--------------------------------------|--|---|
| <b>Tue. June 1</b> , 10:30-11:30 am  | Take Two- Making the Most of Leftovers                                   | <a href="http://beav.es/3Qa">beav.es/3Qa</a>      |
| <b>Tue. June 1</b> , 5:30-6:30 pm    | Dinner Cook-Along: Split Pea Soup  | <a href="http://beav.es/3MC">beav.es/3MC</a>      |
| <b>Thurs. June 3</b> , 6-7 pm        | Plan Shop Save Cook ( <b>Spanish Series</b> )                            | (541) 283-5120<br>beatriz.botello@oregonstate.edu |
| <b>Tues. June 8</b> , 11-12 pm       | Cooking Matters at the Store   | <a href="http://beav.es/3QV">beav.es/3QV</a>      |
| <b>Wed. June 9</b> , 9-10 am         | Cooking Matters: Hack Your Snack   | <a href="http://beav.es/3QU">beav.es/3QU</a>      |
| <b>Thurs. June 10</b> , 3:30-4:30 pm | Drink to Your Health: Tasty, Lower-Sugar Choices For Kids and Caregivers | <a href="http://beav.es/3MX">beav.es/3MX</a>      |
| <b>Thurs. June 10</b> , 6-7 pm       | Cooking and Preparing Seasonal Fruits and Vegetables                     | <a href="http://beav.es/3QR">beav.es/3QR</a>      |
| <b>Sat. June 12</b> , 9-10 am        | Meal Planning with a Food Box and Stretching a Limited Food Budget       | <a href="http://beav.es/3QD">beav.es/3QD</a>      |
| <b>Tues. June 15</b> , 10-11 am      | The Family Kitchen: Cooking with Kids                                    | <a href="http://beav.es/3QC">beav.es/3QC</a>      |
| <b>Wed. June 16</b> , 5-6 pm         | Cooking with Beans   | <a href="http://beav.es/3Qz">beav.es/3Qz</a>      |
| <b>Thurs. June 17</b> , 3:30-4:30 pm | Cooking Matters at the Store   | <a href="http://beav.es/3MB">beav.es/3MB</a>      |
| <b>Wed. June 23</b> , 9-10 am        | Cooking Matters: No More Mealtime Madness                                | <a href="http://beav.es/3Qw">beav.es/3Qw</a>      |
| <b>Wed. June 23</b> , 2:30-3:30 pm   | Picky Eaters   | <a href="http://beav.es/3QK">beav.es/3QK</a>      |
| <b>Thurs. June 24</b> , 4-5 pm       | Kids Cook-Along: Sesame Noodles with Broccoli                            | <a href="http://beav.es/3M2">beav.es/3M2</a>      |