



Cooking Matters for Adults



Are you looking to prevent or manage heart disease or diabetes? This free, online course offers information that can help support healthy lifestyle changes.

What will I learn?

- Healthy Eating
- Nutrition
- Food Safety
- Meal Planning
- Budgeting
- and more!

This class is intended for informational and educational purposes only and is not a substitute for medical advice. Please consult your physician or other qualified healthcare provider for personalized medical advice.

Course Schedule 2026

Please note you may only register for one course

- Thursdays**
January 22 to February 26
5:30pm - 7:00pm
- Tuesdays**
April 21 to May 26
6:30pm - 7:30pm
- Wednesdays**
September 9 to October 14
6:30pm - 8:00pm
- Mondays**
November 9 to December 14
4:30pm - 6:00pm

Register Today!



Link: bit.ly/CMADHHS

Registration Required

Attendees receive a **FREE \$10** grocery store gift card for each week they participate.




Questions? Contact Cookingmatters@nhfoodbank.org
Offered by Cooking Matters NH, a Program of the NH Food Bank