



NC COOPERATIVE
EXTENSION

Cook Smart | Eat Smart

Learn to cook quick meals within your food budget!

The Cook Smart, Eat Smart series will teach you how to
prepare simple, healthy and delicious meals
for you and your family!

4 Virtual Sessions | 2:00 PM
October 8, 15, 22 and 29, 2020

To Register Visit

<https://go.ncsu.edu/cses-cumberland-bladen>

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