



LET'S COOK
WITH
PENN STATE
EXTENSION

WITH THE RIGHT RECIPE, PROPER TECHNIQUES,
AND A LITTLE INSPIRATION,
COOKING HEALTHY MEALS JUST GOT EASIER.

LET'S COOK FOR WEIGHT MANAGEMENT

This hands-on cooking class will teach you how to use a variety of ingredients to make healthy meals to help manage your weight. Learn how to eat fewer calories while still feeling satisfied and full.

You will enjoy a generous taste of every dish we create!

WHAT ARE YOU WAITING FOR? LET'S COOK WITH PENN STATE EXTENSION!

Sign up online at extension.psu.edu/lets-cook-weight or call 877-345-0691.

See all the cooking classes we offer at extension.psu.edu/lets-cook.



PennState Extension

Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

The Pennsylvania State University encourages qualified persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Penn State Extension in your county in advance of your participation or visit.

This publication is available in alternative media on request.

Penn State is an equal opportunity, affirmative action employer, and is committed to providing employment opportunities to all qualified applicants without regard to race, color, religion, age, sex, sexual orientation, gender identity, national origin, disability, or protected veteran status.

Produced by Ag Communications and Marketing U.Ed. AGR 19-109

Code 5556 XM6/19mpc