

PASQUOTANK COOPERATIVE EXTENSION  
PRESENTS



# COOK SMART, EAT SMART COOKING SCHOOL



The Cook Smart, Eat Smart Cooking School will teach you how to prepare simple, healthy and delicious food for you and your family. CookSmart, Eat Smart keeps it simple-- simple healthy preparation techniques, simple ingredients and simple equipment.

Each session contains several basic cooking techniques and other topics related to eating and preparing meals at home. Cook Smart, Eat Smart also provides tips for stretching your food dollar while still eating healthy.

**CLASSES BEGIN TUESDAY, MARCH 19 10-12PM,  
HELD EVERY TUESDAY FOR FOUR WEEKS**

Registration fee \$40, covers supplies and materials for all four sessions. Make checks payable to **Pasquotank Farm Services**. Mail form and payment to Pasquotank Cooperative Extension, PO Box 1608, Elizabeth City, NC 27906.

Call the Extension office for additional information,  
338-3954.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_