



Cooking for One

DATE & TIME:

Tuesdays,
January 18—February 22, 2022
1:00pm—3:00pm

COST:

Free

LOCATION:

MSU Extension Office
Demonstration Kitchen
1040 S. Winter Street
Suite 2020
Adrian, MI 49221

CONTACT:

Vickie Pfeifer
Community Nutrition Instructor
Michigan State University Extension
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Pre-registration is required
[https://events.anr.msu.edu/
cfoJan2022/](https://events.anr.msu.edu/cfoJan2022/)



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Whether you're living on your own for the first time, a single college student, a hard-working adult, or a senior on your own, cooking for one can be fun!

Over the course of six, 2-hour lessons, you will:

- Learn ways to make cooking for one simple and enjoyable
- Learn helpful tips and tricks to making healthy choices, like eating well and being active
- Participate in cooking real recipes for one

Pre-registration required.

Attendance at all 6 lessons expected.

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