



# CMK

## Cooking Matters for Kids

**Cooking Matters for Kids (CMK)** is a free nutrition education program for (SNAP) recipients and applicants. It is 6 courses on healthy eating skills and building confidence in food shopping on a budget. CMK is a series of classes geared for children, focusing on food safety and food preparation education.

**Every Wednesday from February 17, 2021 to  
March 24, 2021 from 3:30-4:30 PM**

### LESSON TOPICS

- Lesson 1: You're the Chef! – **February 17, 2021**
- Lesson 2: Colorful Fruits and Vegetables – **February 24, 2021**
- Lesson 3: Whole Grain Goodness – **March 3, 2021**
- Lesson 4: Smart Snackers – **March 10, 2021**
- Lesson 5: Super Shoppers – **March 17, 2021**
- Lesson 6: Kitchen Heroes – **March 24, 2021**



**Location:** Class will be held via Zoom call

**Springfield Library**  
50 Hayes St. Newark, NJ 07103

**CONTACT/REGISTRATION ([Zoom Link Below](#))**

**Keegan Fletcher - [kfletcher@npl.org](mailto:kfletcher@npl.org)**  
**Ashley Policastro - [apollicastro@cfbnj.org](mailto:apollicastro@cfbnj.org)**

**Zoom Information to participate in the class:**

[https://zoom.us/meeting/register/tJ0uf--urTkjErynLxMvsq7g\\_5NGF8VooMy7](https://zoom.us/meeting/register/tJ0uf--urTkjErynLxMvsq7g_5NGF8VooMy7)

**Call utilizing the Phone Number:** (929) 205-6099 US (New York)

**Meeting ID:** 993 8663 2988

**Passcode:** 029702

**New Jersey Department of Human Services | New Jersey Department of Health**

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This institution is an equal opportunity provider.