



UNIVERSITY of NEW HAMPSHIRE  
COOPERATIVE EXTENSION



Seacoast Family  
Food Pantry  
of New Hampshire



healthy weight

# Cooking Group

## Hands-on Healthy Cooking

with food enthusiast, Peggy Evans, creator of ABC Foods website

*Classes will focus on healthy meals  
that can be prepared quickly!*



**4 classes on Wednesdays:  
September 8, 15, 22, 29**

**11:00 a.m. to 12:30 p.m.**

**United Methodist Church  
129 Miller Avenue, Portsmouth**

**Pre-registration required:  
Contact Diane Giese at  
Seacoast Family Food Pantry  
(603) 436-6161**

*Co-sponsored by:  
UNH Cooperative Extension,  
Nutrition Connections,  
and Seacoast Family Food Pantry*

### TOPICS INCLUDE:

- Cooking for 1 or 2
- Comfort Food Revisited
- Trying Something New

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