



Oregon State University
 Extension Service
 Lane County

October 2020

Free Cooking & Nutrition Classes– Lane County



Please join us! All classes require the use of a smart phone or a computer with internet connection. Click on the links below for more information on the classes & to register. For other questions, contact jillian.drewes@oregonstate.edu; 541-344-0249 X1

Tues. Oct. 6, 12-1 pm	Money Saver Alert: Let's Tac(o) About Food Waste	https://beav.es/oPM
Thurs. Oct. 8, 11-12 pm	Hack Your Snack	https://beav.es/oWg
Thurs. Oct. 8, 4-5 pm	Cooking Matters at the Store	https://beav.es/oWP
Thurs. Oct.15, 4-5 pm	Kids Say Yes to Fruits and Vegetables	https://beav.es/oWW
Sat. Oct. 17, 11-12 pm	Cooking Matters at the Store	https://beav.es/oWG
Mon. Oct. 19, 6-7 pm	Kids Say Yes to Fruits and Vegetables	https://beav.es/oWm
Weds, starting Oct. 21, 11 am– 12 pm	Eating Smart Being Active (weekly series, 9 sessions)	https://beav.es/oWX
Thurs. Oct. 22, 1-2 pm	Money Saver Alert: Let's Tac(o) About Food Waste	https://beav.es/oPQ
Sat. Oct 24, 3-4 pm	Hack Your Snack	https://beav.es/oWY
Weds. Oct. 28, 4-5 pm	Cooking Matters at the Store	https://beav.es/oWN