

Cooking Matters[®] at Home

NUTRITION

for the

NEW YEAR



**Wednesdays at 6:30pm
via Zoom**



January 18 - February 22



Ditch New Year's resolutions this year! Join the Carolina Hunger Initiative to learn about healthy habits you can build for all of 2023.

**Learn more and register:
carolinahungerinitiative.org/cooking**