

“Dining With Diabetes”

Four Part Cooking School



**University of Kentucky
College of Agriculture**



**Grayson County Cooperative Extension Service
123 Commerce Drive
Leitchfield KY 42754**



Four Part Cooking School for people with diabetes, and their families. The classes will be held at the Grayson County Extension Office from 1:30 p.m. – 3:00 p.m.

**Session I – Desserts
Monday, November 30th**

**Session II – Main Dishes
Monday, December 7th**

**Session III – Side Dishes
Monday, December 14th**

**Session IV – Shopping for
Someone with Diabetes
Monday, January 11th**

Participants will watch demonstrations, receive recipes, taste samples, and win door prizes! The cost of the cooking school is \$10 per household. Scholarships are available to those who receive food stamps, or other assistance. Register at the Extension Office by **NOON** on **November 25th**. Please call the Extension Office at (270) 259-3492, if you have any questions.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.

**AGRICULTURE & NATURAL RESOURCES • FAMILY & CONSUMER SCIENCES
4-H/YOUTH DEVELOPMENT • RURAL & ECONOMIC DEVELOPMENT**



Disabilities accommodated
with prior notification.