



The Cook Smart, Eat Smart Cooking School will teach you how to prepare simple, healthy and delicious food for you and your family in just four weeks. Cook Smart, Eat Smart keeps it simple—simple healthy preparation techniques, simple ingredients and simple equipment. Each session contains several basic cooking techniques and other topics related to eating and preparing meals at home. Cook Smart, Eat Smart also provides tips for stretching your food dollar while still eating healthy.

The Durham County Extension Service is offering Cook Smart, Eat Cook on Thursdays evenings from May 4 through May 25 from 5:30-8:30 pm in the new Extension demonstration kitchen located at 721 Foster Street. The registration fee of \$40.00 includes the ingredients for the dishes you will prepare and of course consume during each session.

To register call Pam Jordan-Carrington at 919-560-0536 or at [pj carrin@dconc.gov](mailto:pj carrin@dconc.gov). Checks or money orders for the registration fee should be made payable to Durham County Cooperative Extension Service.

For more information about Cook Smart Eat Smart contact Deborah McGiffin, Family & Consumer Sciences Agent, 919-560-0521 or at [deborah\\_mcgiffin@ncsu.edu](mailto:deborah_mcgiffin@ncsu.edu).

<p>Registration Fee</p> <p><b>\$40.00</b></p> <p>Check or Money Order made to:</p> <p><b>Durham County Cooperative Extension Service</b></p>	<p>To register call Pam Jordan-Carrington at: 919-560-0536; <a href="mailto:pj carrin@dconc.gov">pj carrin@dconc.gov</a> or Send you your registration and payment to: c/o Pam Jordan Carrington Durham County Cooperative Extension Service 721 Foster Street Durham, NC 27701</p> <p>Receipt of payment and registration must be received by the <b>DEADLINE of April 27</b></p>
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<p><b>Registration Form</b></p> <p>Name: _____ Daytime Phone: _____</p> <p>Name of Business: _____</p> <p>Address: _____</p> <p>_____</p> <p>Email: _____</p>
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