



*Cooking Classes for
Everyone*

New Date: June 28

Kids Cooking

including

Fun and Basic Cooking

with a little nutrition thrown in!

Kitchen Safety

Food Safety

NMSU Cooperative Extension Service | 575-461-0562 or 505-454-1497

Register online: <https://letscook.ezregister.com>

**Class Series offered by Quay and San Miguel County
Cooperative Extension Service Offices**

Contact us for a complete list of classes in this series

**This class is a special deal - \$5 each and FREE to active 4-H members!
Scholarships for others are available upon request. This class is also a part of
the Let's Get Cooking bundle, so send your kids/grandkids!**

**Please call 575-461-0562 in Quay County or 505-454-1497 in San Miguel
County if you need accommodation for this or any class in the series, or
email susanm@nmsu.edu.**

If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact John Martinez in advance at (505) 454-1497 or jdmtz@nmsu.edu.



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Let's Get Cooking!

Demystifying the kitchen and learning basic cooking skills

Program: Third Tuesdays of each month, Mar – Jun and Sept. – Nov. 2021, 4 – 6 pm, in-person and virtual (hybrid) (some class dates and times may vary, as needed)

Objective: This program is designed to provide basic cooking skills, resources, tips and ideas for people who wish to learn how to cook, learn more about cooking, adapt their cooking for specific needs, or just learn new ways to plan and prepare meals.

Class Schedule

Tuesday, March 16, 2021 4 – 6 pm

Cooking for One or Two – virtual and in-person, small groups, held at Quay County Extension Office.

Tuesday, April 20, 2021

Easy Meals [Bachelor/Bachelorette Cooking!]

- One-dish meals

- simple recipes

Tuesday, May 18, 2021

Cooking without a Kitchen [Bachelor/Bachelorette Cooking!]

- Fun/easy/delicious soups and salads

- Crock pot/Instapot/steamer cooking

- Microwave cooking

- meals that won't heat up the house

Monday, June 28, 2021 – revised date!

Kids Cooking – fun and easy cooking, food safety and kitchen safety

Tuesday, Sept. 21, 2021

Nutritious and Delicious – healthy cooking and eating

Tuesday, Oct. 19, 2021

Cooking with Heart and Soul – cooking for special dietary needs

Tuesday, Nov. 9, 2021 (2nd Tuesday, instead of 3rd)

Holiday Cooking for Beginners

Tuesday, Dec. 14, 2021 (2nd Tuesday, instead of 3rd)

Desserts and Treats, including holiday gift ideas

Register in advance for one or more of these classes: <https://letscook.ezregister.com>

After registering, you will receive a confirmation email containing a link to join the meeting virtually; if you are joining us in person, please ignore the link.

Please call 575-461-0562 or email susannm@nmsu.edu in Quay County, or 505-454-1497 or jdmtz@nmsu.edu in San Miguel County for more information on upcoming classes and to register.



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