

I'm HUNGRY! Got anything to EAT?

Come to the 4-H after school creative cooking course and you'll prepare & EAT tasty food, make new friends and increase your food knowledge!

WHEN: Thursdays after school from 3:30-5:15 starting on March 1st and going through March 22nd.

WHERE: Mahnomen High School, Mrs. Kochmann's Cooking Classroom

WHO: Anyone from 5th-8th grade

WHY: FOOD & FUN—what more do you need?

There is NO COST, but you must be enrolled in 4-H before attending. You can enroll in 4-H by going to 4honline.com, clicking Minnesota and following the directions from there – you will need an email address to enroll online. You can also request a paper 4-H enrollment form from the school office. Deadline to register is February 26th.



- Step 1: Enroll in 4-H (4honline.com or request a paper enrollment form)
- Step 2: Register for “I’m HUNGRY! Got anything to EAT?” by calling 218-935-2226 or emailing swier023@umn.edu to reserve your spot.
- Step 3: Mark your calendars: Thursdays March 1, 8, 15 & 22
- Step 4: Come to Mrs. Kochmann’s cooking classroom on March 1st after school

Questions? Call or email the Mahnomen County Extension Office 218-935-2226 or swier023@umn.edu



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Mahnomen County 4-H



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