



## Free Monthly Cooking Classes for Columbia County DD Community

Provided by Columbia Pacific Food Bank and ISN

Cooking Instructor: Meredith and Patty

When: Second Tuesday of each month 5-6 pm

Where: 1421 Columbia Blvd, St. Helens

### What you will learn:

- ♦ How to follow recipes
- ♦ Food safety
- ♦ How to use cooking utensils
- ♦ How to use cooking equipment
- ♦ How to store food properly
- ♦ Cultural cuisine

July 8, 2025

Porcupine Meatballs



*"Cooking class will be canceled if the food bank is closed due to winter weather or a holiday."*

*Please bring your support person with you to the class.*

*Limited Spaces, Contact Pepsi LaCamp, ISN PA [placamp@goisn.com](mailto:placamp@goisn.com) or call 503-983-0424 to sign up for class!*