



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 or call 503-983-0424 to sign up for class!