



# MSU Extension Family Enrichment Series

## Guiding Principles

Begins at 1:00 p.m.

## COOKING MATTERS

begins at 2:00 p.m.

Lynette Kaiser 810- 836-1266

Dates: Monday, January 31,  
February 7, 14, 21, 28, 2022

### REGISTER AT:

<https://msu.zoom.us/meeting/register/tJUqfuysrTkrHdVV0YQaJUrcASrIEcpM-9b>



Photo credit:

## Cooking Matters at Home:

Cooking Matters is a nutrition and cooking education program for parents. The program is five 60 minute lessons. Topics include:

MyPlate  
Family Meals  
Recipes  
Label Reading

Kids/Teens in the Kitchen  
Healthy Snacks  
Food Storage and  
Kitchen Safety

## Guiding Principles for Highly Successful Parenting

Guiding Principles for Highly Successful Parenting is a five-week parenting series to help you explore ways that you can be highly effective in raising your children to be successful in school and in life. Topics include:

Routines  
How to Neutralize Arguments  
Healthy Boundaries

Development of Emotional Control  
Learning from Mistakes

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