

The Able Table Cooking Classes

with **Chef Edith Hamilton**



*Improve Your Cooking Skills while Changing the Lives of those in Need in our Area.
Course proceeds will go towards feeding the hungry in Little Falls
during emergencies or natural disasters.*

*****Location: Little Falls United Methodist Church*****

139 Main Street, Little Falls, NJ 07424

Phone: (973) 256-0993 Website: www.LittleFallsUMC.org

Email: Info@LittleFallsUMC.org

Course One: “How to Prepare Quick & Healthy Meals”

*with hands-on cooking sessions tailored towards
the specific skills & interests of the small class size of just 8 participants.*

— **To Register: Call the church at (973) 256-0993, or go online to
www.LittleFallsUMC.org & click on the Cooking Class link.**

Participants may choose either morning or evening classes.

You may sign up for just one class or take all five.

We will taste-test all our prepared foods.

Daytime Classes

Thursdays (10 a.m. until 12:00 noon)

February 9, 16, 23, & March 1, 8

Evening Classes

Tuesdays (7:00 - 9:00 p.m.)

February 7, 14, 21, 28, & March 6

**Topics include: Making Quick, Easy Meals, Healthy Cooking for One or Two,
And Baking Delicious Muffins, Scones, Cookies, Cakes, and more.**

(Note: At a later date, we'll offer yeast breads, jams, jellies, preserves, and pickled foods.)

Cost: \$30 per class includes all food and materials needed. Please include payment with registration.

Checks should be made payable to Little Falls UMC.

About Our Cooking Instructor

Chef Edith Hamilton has more than forty-five years experience in teaching cooking classes as a professional in the food service industry, including the Montclair Adult School, the Deron School, Summit Public Schools, and the Union County Educational Services Commission. She earned a B.S. degree from Plattsburgh State University (NY) and holds multiple certificates in food service management, sanitation, and production. An accomplished cook since age 10, Chef Hamilton continues to generously share her culinary gifts and her love for healthy, well-prepared foods with her church, her community, & the many students who have attended her classes over the years.