



SAN MATEO POLICE ACTIVITIES LEAGUE WINTER 2017

San Mateo PAL
200 Franklin Parkway
San Mateo, California
94403

Phone- 650.522.7725
Fax- 650-522-7551

www.sanmateopal.org

PAL offers FREE
memberships to kids,
ages 5-18 years old!

Building the Bond Between Cops & Kids

Cooking Lite



It's impossible to cook food that both tastes great and is good for you, right? **Of course not!** Learn to prepare and cook delicious, nutritious dishes and make smart choices about the ingredients you use.



Date: Tuesdays March 7 & 14

Time: 4:00-5:30pm

Age: 9-13 years

Meeting Location:

King Recreation Center
725 Monte Diablo

Cost: \$5 for PAL Members

Course #: 132120-A

Questions? Email:

smpal@cityofsanmateo.org

To register, go to:

sanmateorec.org

** PAL MEMBERSHIPS ARE FREE / SCHOLARSHIPS AVAILABLE **