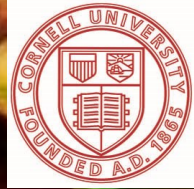


# Cornell University Cooperative Extension Presents **FREE** Nutrition Workshops



## You will:

- Make recipes your family will love
- Plan meals and menus
- Enjoy physical activities
- Read labels
- Taste healthy snacks
- Practice food safety
- Have Fun!

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Place: \_\_\_\_\_

**Come Join The Fun!**

There are 8-10 workshops. You will prepare delicious and nutritious recipes and taste new foods!  
Those who attend 6 or more sessions will receive a certificate from Cornell University Cooperative Extension.