

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

Learn About:

- Basic Nutrition/Choose MyPlate
- Portion Size
- Food Safety
- Menu Planning
- Food Shopping & Budgeting
- Food Preparation
- Feeding Children
- Physical Activity

Date: _____

Time: _____

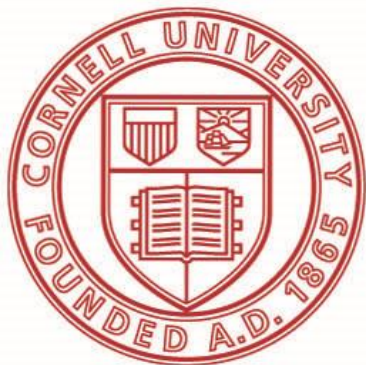
Place: _____

Come Join The Fun!

There are 8-10 workshops.

You will prepare nutritious
and delicious recipes, and taste new foods.

Those who come to at least 6-8 sessions
will receive a **certificate** from
Cornell University Cooperative Extension!



EFNEP