



Happy Meals, Happy Families

Parent focused tips and tricks to healthy eating with your family!

For

Parents and Children ages 8 and older

Where

Dryden High School FACS classroom

Prepare a meal with your children with food provided.
Receive some child friendly food preparation equipment.

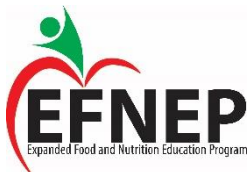
When

January 30, February 6, 13,27, and March 5, 12, 2024

5:30-7pm

How

Register to cook with Tina Snyder, Community Nutrition Educator
at tmf8@cornell.edu by January 23, 2023.



Cooperative Extension
Tompkins County