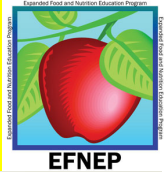


Family Mealtimes Matter



Space is limited! **Reserve your spot today** by contacting Kim Gascon
kgascon@unatego.stier.org
607-369-6200

A FREE hands-on culinary & nutrition series for grades 2-5 students & their parents

Students/parent teams will have a **BLAST** sharpening their cooking skills while learning how to prepare a variety of delicious meals and sides.

New nutrition and culinary themes will be introduced with each workshop.

6 SESSIONS INCLUDE

- ✓ Cooking and eating dinner together
- ✓ Nutrition information for parents
- ✓ Kid-safe knife skills
- ✓ Safe food handling
- ✓ Cooking tools & techniques
- ✓ Following a recipe
- ✓ Plus much more!

Dates: Jan. 18, 25; Feb. 1, 8, 15, 22;
Mar. 1, 8 (2018)

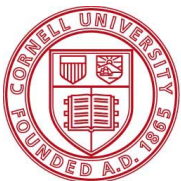
Times: 5:30-7:00 pm

Location: Unatego Middle School
Home & Careers Room

FAMILIES RECEIVE

(one per family)

- ◆ Recipes
- ◆ Vegetable peeler
- ◆ Measuring cups & spoons
- ◆ Cutting mat
- ◆ Rubber scraper
- ◆ Food thermometer



Cornell University
Cooperative Extension
of Delaware County

Resource Center
34570 State Highway 10
Suite 2
Hamden NY 13782

Phone: 607-865-6531
Fax: 607-865-6532
Email: delaware@cornell.edu
www.ccedelaware.org

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.