

*******CHANGE OF DATE*******

P.S. 216 is happy to offer.....

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

**Dates: Every Thursday from 10/12
through 12/14**

Time: 8:30-10 a.m.

**Place: P.S. 216's Lunchroom
(Location can be changed)**

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!**

