



**Expanded Food
and Nutrition
Education
Program**

Cornell Cooperative of Westchester County

is now offering

Free Virtual Nutrition

Programs

to assist low income families to improve health

**For Parents, Grandparents or Childcare Providers of children 19 years
or younger living at home.**

This program teaches ways to:

SHOP SMARTER FOR LESS MONEY

Maintain A Healthy Weight

Food Safety in the home

Be physically Active

Understand Food Labels/Sugar/Fat

How to build a healthy plate

**Classes meet weekly for 8 weeks for 1 hour, taught in English or Spanish
and a certificate is given to Graduates. Participants will need a computer
or smart phone with internet access to participate.**

For more information contact:

Dawn Reda at dmr35@cornell.edu or Lucy Diaz at ld294@cornell.edu



Cornell Cooperative Extension | Westchester County

3 West Main Street, Suite 112, Elmsford, NY 10523 • <http://westchester.cce.cornell.edu/>

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