



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:

Lucy Diaz at ld294@cornell.edu or Dulce Alvarado at dja228@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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