— GESD Parents —

Check out this free online program for some fun interaction plus great ideas and information!

This program has been scheduled and provided exclusively for parents of the Gloversville Enlarged School District by Crystal Davis, Community Nutrition Educator Cornell Cooperative Extension | Albany County | Capital Region SNAP Nutrition Education and Obesity Prevention Program.

MyPlate for My Family:

SNAP Nutrition Education makes it easier to learn more about healthy food and physical activity choices. Making healthy choices for your family is one way to show how much you care. Attend fun, interactive classes where you can meet other parents who are making healthy changes in their lives. Find new ways to save money and time when buying food and making meals. Be inspired as you learn ways to be more active. During the classes, you can learn tips to:

- Fix MyPlate family meals to stretch your food dollar
- Get the right amount of food and physical activity
- Serve fruits and vegetables that kids will enjoy
- Make family time active and fun



To register for a date in February, please click on a link below:

FEBRUARY 9th, 2021

When: February 9, 2021 11:00 AM Eastern Time (US and Canada) Register in advance for this meeting:

https://cornell.zoom.us/meeting/register/

tJ0rceGprToiGd0EX1HbH1CzWroEEumtBb1P

After registering, you will receive a confirmation email containing information about joining the meeting.

FEBRUARY 10th, 2021

When: February 10, 2021 01:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

https://cornell.zoom.us/meeting/register/tJcrduGgrj4sHNBS5VCqAK_h6nyJoZLwyJxU After registering, you will receive a confirmation email containing information about joining the meeting.

FEBRUARY 11th, 2021

When: Feb 11, 2021 06:30 PM Eastern Time (US and Canada)

Register in advance for this meeting:

 $\underline{https://cornell.zoom.us/meeting/register/tJwkf-qoqjMoHtSj1SX2RKtI5-VL2VSIGAEx}$

After registering, you will receive a confirmation email containing information about joining the meeting.



| 2021 Dates - MyPlate for My Family | | | | |
|---|------------------|------------------|------------------|--|
| Month | Tues 11 am | Wed 1 pm | Thurs 6:30 pm | This Month's Topic - All 3 sessions in the month are the same. |
| February (choose one link above) | 9 th | 10 th | 11 th | MyPlate for My Family – Family Meals In this session we'll go over timesaving tips that can help busy parents and caregivers plan, shop, and prepare healthy, low-cost meals for their families and learn ways to let their children help. We'll discuss the challenges of making affordable and healthy family meals and snacks. |
| March | 9 th | 10 th | 11 th | TBA |
| April | 13 th | 14 th | 15 th | TBA |
| May | 11 th | 12 th | 13 th | TBA |