— GESD Parents ——

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

This program has been scheduled and provided 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. Other guests may also join in.

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 March, please click on a link below.

MARCH9th, 2021

Tuesday, March 9th, 2021, 11:00AM – 12:00PM Register in advance:

https://cornell.zoom.us/meeting/register/tJcoceqhrDgoG9f9iT6Hu2mPLepEj7QRZRd7

MARCH 11th, 2021

Evening: Thursday, March 11th, 2021, 6:30PM – 7:30PM Register in advance:

 $\underline{\text{https://cornell.zoom.us/meeting/register/tJMude-hpjMiGN2pPgvnbW5o4D5FexQLGTxOpple.pdf}}$

MARCH 12th, 2021

Friday, March 12th, 2021, 1:00PM – 2:00PM Register in advance:

https://cornell.zoom.us/meeting/register/tJMpcOCvrDIpHNEvjr3W3be iRU00J297TMF

2021 Dates for Nutrition Planning Classes for Parents

Month	Tues 11 am	Wed 1 pm	Thurs 6:30 pm	This Month's Topic
February	9 th	10 th	11 th	MyPlate for My Family – Family Meals
March (choose one link above)	9 th	1:00 pm FRIDAY 12th	11 th	MyPlate for My Family-How Much Food and Physical Activity (via Zoom) Learn the basics on how much food your family should be eating from each food group and how what you eat ties into physical activity. Set new goals for you and your family to get on track to a healthy future. Learn to make roasted sweet potatoes with a fun cooking demo at the end.
April	13 th	14 th	15 th	TBA
May	11 th	12 th	13 th	TBA