

FUN WITH FOOD... and it's healthy too!

MyPlate for My Family: Vegetables and Fruits: Simple Solutions (via Zoom)

Learn just how much fruits and vegetables you and your family should be eating.
Talk about barriers to getting kids to eat the right amounts and simple solutions.
Learn how to make apple and cranberry salad with a fun cooking demo at the end.

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.



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



Tuesday, April 13th, 2021, 11:00 am-12:00 noon

<https://cornell.zoom.us/meeting/register/tJYoce6orTkjGtxY8sRKts78AAEP1AgaXwZI>

Wednesday, April 14th, 2021, 1:00-2:00 pm

<https://cornell.zoom.us/meeting/register/tJlqdOqtqTlvE9QUgWsfhHbHzf2vg-cG0ZR>

Thursday, April 15th, 2021, 6:30-7:30 pm

<https://cornell.zoom.us/meeting/register/tJlqcuCggDkiGN2yY2I3Zi2E9jvu12uTPjQG>

Dates for
Classes in May
(Topic
TBA):

Tuesday, May 11
11:00 am-12:00 noon

Wednesday, May 12
1:00-2:00 pm

Thursday, May 13
6:30-7:30 pm

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

