



## **Cornell FREE Nutrition workshop**

**Learn About:**

- **Basic Nutrition/Choose My Plate**
  - **Portion Size**
  - **Food Safety**
  - **Menu Planning**
- **Food shopping & Budgeting**
  - **Food Preparation**
- **Enjoy healthy delicious food at the workshop**

**Come Join the Fun!**

**There are 8-10 workshops.**

**You will prepare nutritious and delicious recipes and taste new foods. Those who come to at least 8 sessions will receive a certificate from Cornell University.**

**Parents will receive 2 trip Metro card, when you attend.**

**Please RSVP: Scan QR code with your phone to enroll**



**Mrs. Hernandez P233 Q Parent Coordinator 718.286.4715**