

Cooking Together



For Family Meals

Starting Tuesdays in October 2011!

Dates: October 25th & November 1, 15, 22, 29, & December 6th

No class on Election Day- November 8th

Where: McChesney Recreation Center **When:** 5:30 – 7:30 pm

***Plan to cook and eat dinner together!**

What is Cooking Together for Family Meals?

- A *free*, six-session, 2 hour/class cooking program
- Learn how to prepare quick *and* healthy meals!
- ***great taste and good for you too!***
- Share your cooking skills with your kids - learn how to modify recipes and make healthy food choices as a family
- ***Join us for a fun time out for parents and kids together!***



Who Can Participate?

- One parent or guardian with *up to two children* from the same household
- Children must be between the ages of **8 and 15 years old**
- ***There is only space for the first 5 families who register!***



Who Will Lead the Classes?

- Cheryl Neal and Kathy Dischner - CCE of Onondaga County
- Staff and Student support from Cornell and/or Syracuse Universities

Space is limited! Registration ends 10/21/11

Have questions about the program? Contact Cheryl Neal at Cornell Cooperative Extension of Onondaga County at 424-9485, ext. 237
Or Kathy Dischner at 424-9485 x 239

***NOTE:** Both parents from a household may attend or take turns coming each week with the same children between the ages of 8 and 15. **Only 4-5 from each family may attend each week!**
We do not have child care available for younger siblings!



Cornell University
Cooperative Extension
Onondaga County

Kathy Dischner, MSED, RD
Nutrition, Health & Safety
Cornell Cooperative Extension of Onondaga County
315-424-9485 x239; kmd13@cornell.edu

Sustainable. Educational. Local.

Cornell Cooperative Extension of Onondaga County provides equal program and employment opportunities. Please contact our office if you have any special needs.