

Catch me Cooking From the Garden

Presented by: Sidney Memorial Public Library & Delaware County Cornell Cooperative Extension



**A FREE culinary nutrition series with gardening tips
for pre-school children and their caregiver**

Adult/child teams will have a **BLAST** cooking a variety of delicious meals and snacks, emphasizing produce.

Six sessions will include:

- ✓ Hands on food prep & nutrition education
- ✓ Gardening tips for adults + activities for children
- ✓ **FREE** cooking utensil each class (1 per family)
- ✓ **FREE** cookbook (1 per family)

10 minutes from the 2nd & last session will be allotted for an adult nutrition survey that Cornell uses in their research (see copy at Sidney Library)

Dates: June 5, 12, 26

July 10, 17, 24, 31 –2023

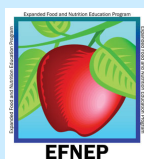
Time: 5:30pm-6:30pm

Location: Sidney Memorial Public Library Community Room

Space is limited and pre-registration is required:

Sidney Library: 607-563-1200
si.monica@4cls.org

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