

Have questions?! Call or text our helpline for information on parenting, nutrition, food assistance programs, and breastfeeding. We can:

- Answer your questions about healthy eating, food safety, canning and food preservation, shopping on a budget, and more!
- Connect you to community resources.
- Provide information on our workshops and events.
- Address your concerns on latch, supply, and other questions about feeding your baby.
- Provide support, education, and resources for raising children.
- Equip you with evidence-based parenting strategies to support your family.



Call or text us at 315-628-0262.



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Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and offers equal program and employment opportunities.

Cornell Cooperative Extension
Jefferson County