

SNAP-Ed Presents  
***Kids Cook-Along***  
Free online workshops

Join your local SNAP-Ed Nutritionist via Zoom for a nutrition lesson and a fun food demo. Join one week, or join them all! Register, call, or email ahead for the recipes and have fun cooking along!

Week 1

7/1 at 11am

**Rainbow Wrap**

Week 2

7/6 at 6pm  
or  
7/8 at 11am

**Fruit Pizza**

Week 3

7/13 at 6pm  
or  
7/15 at 11am

**Apple Sandwiches**

Week 4

7/20 at 6pm  
or  
7/22 at 11am

**Banana Split Oatmeal**

Week 5

7/27 at 6pm  
or  
7/29 at 11am

**Veggie Pizza Pita Pockets**

To Register or for questions, email  
[knw38@cornell.edu](mailto:knw38@cornell.edu) or call 607-664-2300

If modifications are needed, please call in advance.

SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP. This institution is an equal opportunity provider. Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, protected veterans, and individuals with disabilities and provides equal program and employment opportunities.



Visit [www.snapedny.org](http://www.snapedny.org) for workshop listings, recipes, & more!