



SAVE TIME. SAVE MONEY. EAT HEALTHY.

Southern Finger Lakes



FREE UPCOMING WORKSHOP **EATING HEALTHY** **ON A BUDGET**

Learn the 3 steps for healthier eating on a budget, skills to plan meals and snacks ahead of time, and use a Weekly Meal Planner.

**SOUTHEAST STEUBEN COUNTY
LIBRARY**

**AUGUST 29, 2022
6PM - 7PM**

For questions or to register, contact knw38@cornell.edu or
call 607-664-2570

If modifications are needed, please call in advance.

Visit www.snapedny.org for workshop listings, recipes, & more!

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.