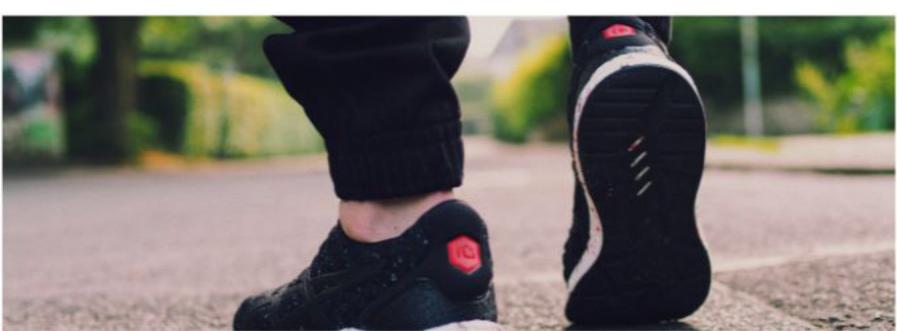


**Southern Finger Lakes** 







## 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!

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