

# Tune in to Power up with Breakfast!

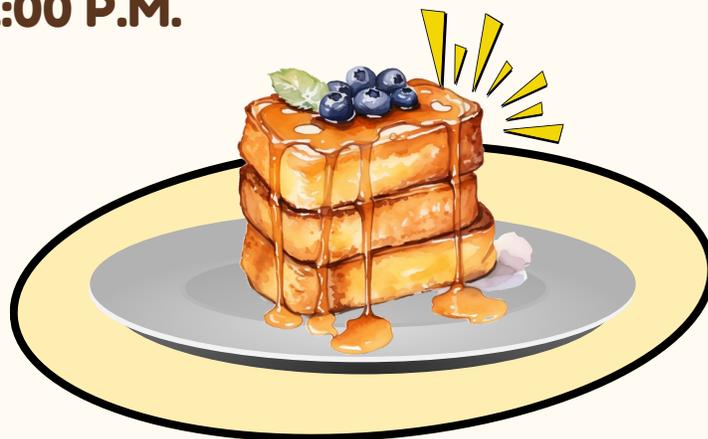


Join SNAP-Ed Nutritionists live on Facebook as we celebrate National Nutrition Month® with some of our favorite breakfast recipes.

 **Tuesdays in March at 12:00 P.M.**

## Tuesday, March 10

We'll share tips on whole grains while making our Fantastic French Toast recipe.



## Tuesday, March 17

Celebrate St. Patrick's day with us as we share some grab-and-go recipes, including the Shamrock Power Smoothie.



## Tuesday, March 24

Power-up with us one last time as we share a protein & veggie packed Healthy Egg Burrito recipe.

Scan the QR code or follow us on Facebook: @SNAPedNewYork



**To join:**

This institution is an equal opportunity provider.

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