

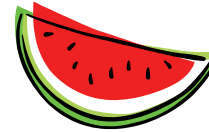
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FREE and CONFIDENTIAL!!



- Cooking Basics and Beyond!**
- Managing the Food Budget**
- Kitchen and Food Safety**
- Understanding Nutrition labels**
- Feeding Picky Eaters**
- Fun and Creative Menus**
- “Live It, Don’t Diet”**

ELIGIBLE to JOIN?

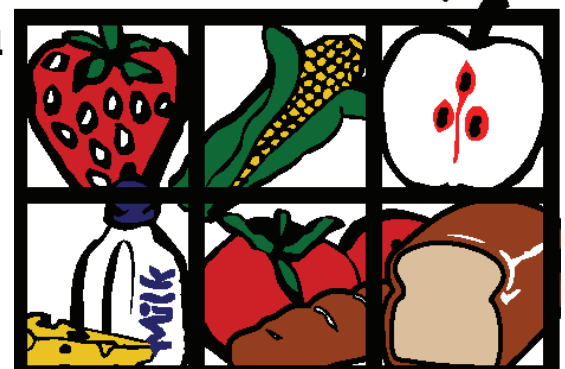
- Use your Benefit Card to purchase food**
- Applied for Food Stamps**
- Head Start / Early Head Start Family**
- Receive Medicaid / PCAP**
- Receive SSI**
- Are a Job Corps Participant**
- Receive WIC**

NUTRITION PROGRAM EDUCATORS

Office (607) 547-2536 Ext.234

CONNIE BENNETT Voicemail 506
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