



Building
Healthy Habits

Virtual Nutrition Workshops!

For parents, guardians, and young adults

Workshops help people:

- Eat healthier
- Be more active
- Save money when buying food
- Explore ideas for feeding children
- Keep food safe

Date(s):

Location:

Earn a certificate of completion.

Workshops are free!

**Contact us to find out more information or
to sign up!**

Name:

Email:

Phone Number:



Cornell Cooperative Extension
Suffolk County