



Healthy Household: Family Workshop *with Plan, Shop, Save, Cook* APRIL 2024

Families are invited to join together in one of our four week workshop series centered around helping families with their food budget with practical skills and knowledge. Youth and adults will break into sessions in which the youth will be assisting an educator in cooking a recipe. Adults will learn strategic meal planning, smart shopping tips and tricks, and reliable resources to know when cooking meals for their families. At the end of each session, both groups will come together to sample the recipe.

Families will get ingredients for the recipe that is created each week to take home and make the recipe together!

Fee: FREE

Pre-Registration is required:
<https://go.iastate.edu/KATOLP>



??'s 515-337-1601 or xstory@iastate.edu

WHEN & WHERE:

Workshop 1:

April 2, 9, 16, & 23

(Tuesdays in April)

5:30 pm - 6:30 p.m.

Colo Community Center

Workshop 2:

April 6, 13, 20, & 27

(Saturdays in April)

11:00 am - 12:00 pm

Story City Library

This program is funded by USDA's Supplemental Nutrition Assistance Program, EFNEP and Iowa State University Extension and Outreach. This institution is an equal opportunity provider and employer. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more visit dhs.iowa.gov/food-assistance. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.

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