

ÚNETE A NUESTRO PROGRAMA

# CookShop®



CookShop is a program of  
the Food Bank For New York City

## ¿Qué es Cookshop para familias?

Una serie de 6 talleres de cocina y nutrición mensuales gratuitos para los padres y guardianes! Cookshop para familias es la versión para adultos del programa de aula Cookshop que se le enseña a los estudiantes en su escuela. En cada taller los participantes prepararán una receta, aprenden consejos nutricionales y hablan sobre las técnicas de ahorro de dinero para ayudar a comer a su familia con un presupuesto limitado.

## ¿Por qué participar?

Los talleres son un lugar perfecto para fundar habilidades de cocina, aprender de otros padres y traer la diversión a casa y recetas fáciles de hacer con sus hijos.

**FECHA DE INICIO:** Viernes – 15 de enero del 2021

**HORA:** 1:00 P.M. - 1:45 P.M.

**ZOOM:** <https://us02web.zoom.us/j/81727470718?pwd=VTRNc2JRUzdrQktTNWpLK0RxOVNMUT09>

Meeting ID: 817 2747 0718

Passcode: 942868

[www.foodbanknyc.org/cookshopforfamilies](http://www.foodbanknyc.org/cookshopforfamilies)

CookShop is funded by the USDA's Food Stamp Program (SNAP). The Food Stamp Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 311.

JOIN OUR PROGRAM

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## What is CookShop for Families?

A series of **6 free** monthly cooking and nutrition workshops for parents and guardians! CookShop for Families is the adult version of the CookShop Classroom program being taught to students at your school. At each workshop participants will **prepare a recipe, learn nutritional tips and discuss money-saving techniques** to help your family eat well on a limited budget.

## Why participate?

Workshops are a perfect place to **build cooking skills**, learn from other parents and **bring home fun and easy recipes to make with your children**.

**START DATE:** Friday – January 15, 2021

**TIME:** 1:00 P.M. – 1:45 P.M.

**ZOOM:** <https://us02web.zoom.us/j/81727470718?pwd=VTRNc2JRUzdrQktTNWpLK0RxOVNMUT09>

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