

The Extended Family

Feel good. Do good. Have fun while doing.

**How to Make the World a Better Place
by Helping Your Neighbors in Need.**

Meal Preparation for Families Class: Food insecurity is growing at an alarming rate and too many of our neighbors are unable to put food on the table. Our local Food Pantries are experiencing the stress of meeting the increasing numbers of families in need of relief. Be part of the solution! Learn to use a variety of ingredients and measurement tools to create delectable meals to share with neighbors in need. You will learn how combinations of ingredients come together to produce hearty nutritious meals as well as learn how to develop new recipes.

Meal Preparation for Students Class: Did you know that sadly there are too many students who are not getting nutritious meals on the weekends and during school vacations? There are 177 days when students are out of school, placing a burden on families who are struggling to put adequate food on the table. Learn how to make a variety of simple, kid friendly nutritious meals for the microwave.

Meal Delivery Class: Learn how to coordinate delivery schedule with local Food Pantries and determine quantity for each delivery. Experience on site deliveries to gain awareness and knowledge of how best to interact with Food Pantry Staff and Guests

ART WITH A PURPOSE

Feel Good Bags for Meal kits: Learn to create beautiful and unique meal kits for those experiencing food insecurity by utilizing a variety of art materials and mediums. Learn how to help support the growing number of families in need.

CAPITAL REGION COMMUNITY CLASSES

**Call or email for more information,
to try a complimentary class, or to sign up.**
315.308.1830 / welcome@theextendedfamily.solutions

**Mosaic Village, 55 Sargent Street, Cohoes
Commission on Economic Opportunity, 2231 5th Ave, Troy**

Where those with and without disabilities come together to lift up our neighbors in need!

Com Habs Welcome

Join us In-Person or on Zoom
1-Hour Virtual Classes: \$70
[art projects only]

In-Person Community Classes:
One, Two, & Three-Hour
Sessions: \$70/hour;
Half-Hour add-ons for any
session: \$35

**To date we have donated
over 84,000 deliveries or the
equivalent of 336,000 meals
and other food items to
grateful recipients.**

**Join us to be part
of making a difference
in our community.**

For more info, schedules, and
to try a complimentary class,
call or email us: **315.308.1830**
**welcome@theextendedfamily.
solutions**

