

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 weekly numbers of increasing families in need of relief. Be part of the solution! Learn how to create nonperishable meals that serve 4-6 yet require no additional ingredients. You will be taught how to prepare and pack a wide variety of non-perishable 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

Appreciation Gifts for Essential Workers Class: Learn how to create beautiful, usable gifts for essential workers in our local communities utilizing a variety of art materials resulting in unique one-of-a-kind gifts.

Decorated Packaging for Food Pantry Guests Class: Learn to make beautifully decorated meal packaging for Food Pantry guests by utilizing a variety of art materials resulting in reusable unique shopping bags which contain meals.

Feel Good gifts for Families Class: Learn to make creative art expressions for families who are struggling to let them know they are not alone, utilizing a variety of art materials and mediums.

CAPITAL REGION COMMUNITY CLASSES

**Call or email for more information,
to try a complimentary class, or to sign up.**

518.986.3074 / welcome@theextendedfamily.solutions

**Center for Independence, 1716 Central Avenue, Colonie
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 75,000 deliveries or the
equivalent of 300,000 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: **518.986.3074**
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