

*Helping You Put Knowledge To Work*

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affirmative action educator and employer.



**Learn... Connect... Be Involved**  
Family Resource Centers of Tioga County

# **Cooking Matters**

## **Virtual Nutrition Classes**

***Open to all parents and caregivers free of charge for families with young children***

***Practice 2 recipes with **SNAP- ED** New York and FRC staff. Ingredients will be provided.***

**Virtual classes held:**

**January 11<sup>th</sup> & January 25<sup>th</sup> 6pm**

**Classes held via Zoom video conferencing**

**Please register before January 6<sup>th</sup>**

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**Cornell Cooperative Extension**

**Tioga County**

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