



Cornell Cooperative Extension Cattaraugus County



A FREE Program helping families with children eat better for less

Learn how to: **SAVE \$\$\$** on groceries, **PREPARE** low-cost quick & healthy meals

Keep your family **HEALTHY** by staying **ACTIVE** & eating right

Contact your Cattaraugus County Nutrition Educators:

Gayle Patterson (716)699-2377 ext. 109 gsp72@cornell.edu

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“Celebrating 50 Years of Nutrition Education”

716.699.2377

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