Building Healthy Habits



We help families eat healthy for less. Nutritious meals are affordable!

How we meet is up to you.

Online | **One-on-One** | **With Others**

Let's talk low-cost, quick healthy meals and how to keep your family healthy and active!

Date & Time:

Sign up today!

PH# 716.699.2377 Ext. 107 <u>OR</u> 109 Name: Gayle Patterson and Sheldpn Kenyon Email: gsp72@cornell.edu <u>OR</u> smk348@cornell.edu Address: 28 Parkside Dr. Ellicottville, NY 14731 Website: https://cattaraugus.cce.cornell.edu/food-nutrition



Cornell Cooperative Extension