



Free one-on-one or group virtual activities for the whole family!

- Cooking Classes
- Recipe Demonstrations
- Nutrition Information
- Activities for Kids
- Answers to your Parenting Questions
- Breastfeeding Education & Support

Connect with us using a computer, tablet, or mobile device.



For more information or to sign-up contact Amanda Root at arr27@cornell.edu or 315-788-8450 ext. 273 or message us on Facebook (facebook.com/ccejferson).



**Cornell Cooperative Extension
Jefferson County**