



Take the
**FAMILY
MEALTIMES
MATTER**
Challenge!

*Thursday
October 21
10am - 2pm*

*Saturday
October 23
11am - 3pm*

**STOP BY AND MAKE A PLEDGE TO EAT
MORE MEALS TOGETHER AS A FAMILY!**

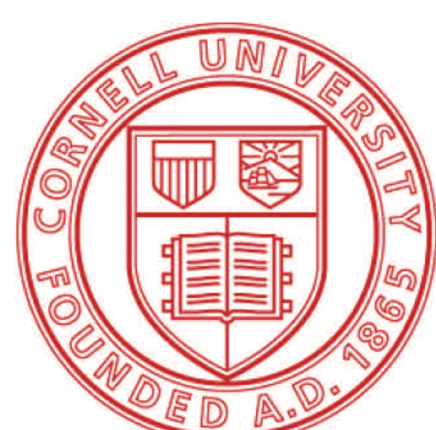
Make the pledge, and you'll receive a tool kit from Price Chopper, Cornell Cooperative Extension and Eat Smart New York, with recipes, ideas, stress-busters and coupons to help you make mealtimes matter! You'll also be entered into a raffle for an EatingWell cookbook.

WHERE GOOD TASTE MEETS GOOD HEALTH

Eat Smart New York!



ESNY



Cornell University
Cooperative Extension

