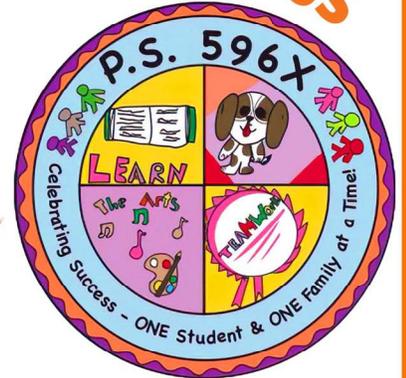


Healthy Families Nutrition Workshop Series

Is a program of
Food Bank For New York City

FOOD BANK
FOR NEW YORK CITY



Gain tangible **Culinary Skills**, reliable **Nutrition information**, culturally relevant nutrition strategies, and tips for building a healthy diet and lifestyle.

Provides families with practical lifestyle tips to help combat chronic diet-related diseases and improve long-term health outcomes for children and adults.

Receive supplemental learning resources like multi-lingual recipes, nutrition flyers, recipe samples, and other nutrition supplies.



Time: 11:30am to 12:30pm

Tuesday - March 31, 2026

 **Monday - April 27, 2026**

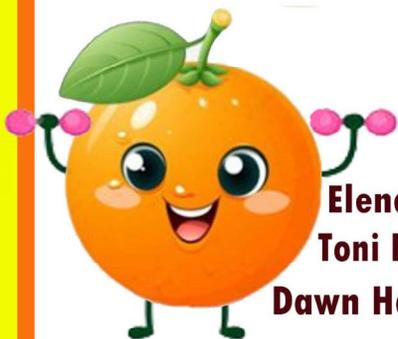
Tuesday - May 26, 2026



P596X @ 153

**650 Baychester Avenue
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[Tinyurl.com/P596XHealth](https://tinyurl.com/P596XHealth)