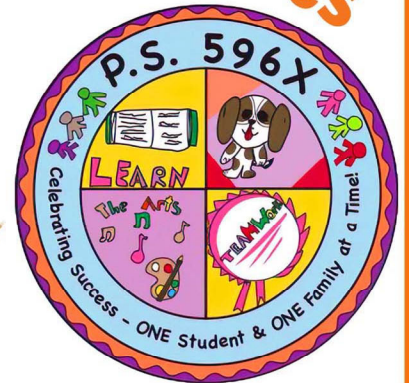


Healthy Families Nutrition Workshop Series

Is a program of
Food Bank For New York City



In Person



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

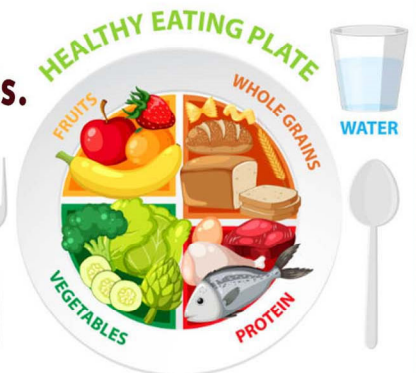
Provides families with practical lifestyle tips to help combat

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 - October 28, 2025

Tuesday - February 24, 2026

Tuesday - November 18, 2025

Tuesday - March 31, 2026

Tuesday - December 16, 2025

Tuesday - April 28, 2026

Tuesday - January 2, 2026

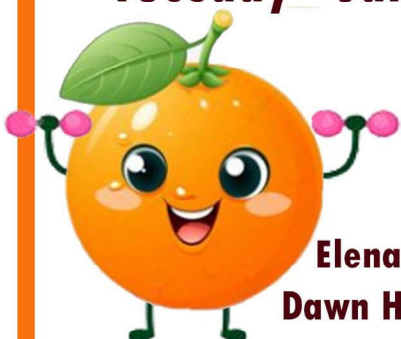
Tuesday - May 26, 2026

P596X @ 153

**650 Baychester Avenue
Bronx, New York 10475**

Elena Talamo, Mentor: ETalamomirabal@schools.nyc.gov

Dawn Harney, Parent Coordinator: DHarney@schools.nyc.gov



[Tinyurl.com/P596XHealth](https://tinyurl.com/P596XHealth)