

CookShop[®] for Families



CookShop is a program of
Food Bank For New York City

In collaboration with the Food Bank for New York City, The PS MS 278 Wellness Council is offering free nutrition/cooking workshops for families!

Location: Library Time: 8:10 AM

Workshop 1- January 25	Focus: My Plate
Workshop 2- February 8	Focus: Fruit
Workshop 3- March 7	Focus: Vegetables
Workshop 4- March 14	Focus: Grains
Workshop 5- April 18	Focus: Dairy
Workshop 6- May 16	Focus: Protein

Email Ms. McManus with questions- EMcManus2@schools.nyc.gov

