

Philmont Cooperative Virtual Teen Cooking Classes with Fresh Food Meal Kits



FREE!

Beginning May 5th and May 6th

Join The Sylvia Center for an 8-week free cooking class series. Learn a new healthy recipe each week!

Participating in this program will provide eligibility for the paid internship this summer with the Philmont Cooperative and other participating businesses.

HOW IT WORKS:

1) If you are interested in our classes, please email: kate.snider@sylviacenter.org or fill out [Virtual Cooking Class Interest Form](#)

2) If local, pick up location and time for your food kit:

Philmont Food CO-OP

**116 Main Street, Philmont, NY 11565
Wednesdays 4:00 - 6:00 p.m.**

3) Classes take place **Thursdays from 3:30 - 5:00 p.m. via zoom.** Tune in to the virtual cooking classes by following the link you'll receive via email.

Classes are for teens 14 - 18.



The program is funded in part by The Hortense and Louis Rubin Community Health Fund of The Community Foundation for the Greater Capital Region