



THE SYLVIA CENTER'S

VIRTUAL FAMILY COOKING CLASSES

Join The Sylvia Center for a **free 6-week virtual cooking class series with Fresh Food Meal Kit** available for pick up. Learn the connection between food and health through a new recipe each week.

STARTING OCTOBER 12TH & 13TH

HOW IT WORKS

Starting on October 12th, **Fresh Food Meal Kit pick-ups are on Tuesdays from 4:30 - 5:30 pm** at the Valatie Free Library.

Classes take place Wednesdays evenings. Tune in to the virtual cooking classes by following the link you'll receive via email.

To signup, fill out **Virtual Cooking Class Interest Form** or email kate.snider@sylviacenter.org

katchkie farm

VALATIE FREE LIBRARY

1036 Kinderhook Street
Valatie, NY 12184

Classes are for children 18 and under with at least one parent or guardian.



Berkshire Taconic
COMMUNITY FOUNDATION