



CookShop

CookShop is a program of
Food Bank For New York City



FOOD BANK
FOR NEW YORK CITY



Each participant will receive **PRIZES** donated by the **CookShop** program

CookShop for Families is a complementary program for parents and guardians in schools that participate in **CookShop Classroom**



Participants complete workshops focusing on such topics as reading food labels, meal planning, portion sizes and physical activity. Through simple, healthy recipes using fresh, affordable ingredients, participants gain skills and knowledge to make **CookShop** part of their families' daily lives.



Wednesday, January 8, 2025

11:30am to 12:30pm

Wednesday, January 22, 2025

11:30am to 12:30pm

Wednesday, February 12, 2025

11:30am to 12:30pm

Wednesday, March 26, 2025

11:30am to 12:30pm

Wednesday, April 09, 2025

11:30am to 12:30pm

Wednesday, May 14, 2025

11:30am to 12:30pm

P596X @ 153

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

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[Tinyurl.com/P596XCookShop](https://tinyurl.com/P596XCookShop)