



Healthy Meal Planning and Cooking Demo

Saturday, March 7th at 11 am

Adults can learn a healthy way to meal plan with demonstrations, helpful tricks and recipes from community organization:

Say Yes to Fruits and Vegetables

First ten families get a Free Bento Lunch Box, other freebies and prizes at event!

Please RSVP

Julia Boyer Reinstein Library | Register online at Buffalolib.org or
1030 Losson Rd. | By Phone 716-668-4991