

Come See

WHAT'S COOKIN'



**Fun Nutrition Workshop
+
Food Demo!**

Date: Every 2nd Tuesday
of the month before
the Food Express
(starting Aug. 11th)

Time: 10:15am

Place: Tribal Advocate
Food Express
11 Thomas Indian
School Drive
Irving, NY

 **Food Bank of WNY**
Fighting Hunger One Day at a Time
Serving Cattaraugus, Chautauqua, Erie & Niagara Counties

Just Say Yes to Fruits and
Vegetables

Join JSY Nutritionist
Heidi
For a live food demo and
workshop using fresh
produce!

Learn tips about
Stretching your food
dollars the fresh and
healthy way

All are welcome

Taste a new healthy recipe

**Take home recipe ideas
and a FREE GIFT!**

For more information,
please see
site coordinator

Find even more recipe ideas at www.jsyfruitveggies.org