



# Nutrition Chats: December 2020

Join a SNAP-Ed Nutrition Educator for a thirty-minute zoom session on popular health and nutrition topics. To join click on the title of the lesson or use zoom link below on the day & time of the program.

## Get Creative in the Kitchen: Food Demo

Melek • December 1st • 11:00am

## Sugar Shockers

Halie & Melanie • December 8th • 11:00am

## Weeknight Meals Made Easy: Food Demo

Scenquetta & Melanie • December 15th • 11:00am

Join Zoom Meeting

<https://cornell.zoom.us/j/98854791947>

Meeting ID: 988 5479 1947

To Call in via phone: Use and meeting ID

+1646-876-9923- meeting ID: 988 5479 1947



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