



Who has time to make healthy, home cooked meals from scratch?

**YOU do
when you join us for
Community Chop & Chat!**

Sponsored by Faith in Action Volunteers and the West Family YMCA, Community Chop & Chat is a unique, fun way to plan and prepare multiple meals for the week ahead. We provide the nutritious ingredients that everyone will prep together, so that each participant takes home meals in freezer bags labeled and ready to be cooked at home- conveniently in a crockpot or other one-pot method. We developed this series specifically for people who want to eat better, but don't have the time to shop for and prepare fresh produce-filled meals. Let us help you with this goal!

Meet people, learn things, and make healthy eating EASY!

Wednesdays, June 3, 10, 17, 24 @ West Family YMCA 12:30-1:30

\$20/person for the four week course

Space is limited, and each Community Chop & Chat runs for four weeks with the same group.

Participants over age 60 sign up for **free**, and may pay on a donation basis.

Sliding scale fees apply to everyone else.

Call (607) 724-9130 ext 304 for details on how to register.

