



UConn EFNEP COOK AND CHAT VIRTUAL SERIES

2023

September @ 6:00 pm

Sept 20

Sept 27

Oct 4

START STRONG

TIPS AND TRICKS
CREATE A PERSONAL PLAN
HEALTH, PRIORITIZED AND ORGANIZED



2 Registrations
Attend 2 classes
Receive



October @ 6:00 pm

Oct 11

Oct 18

Oct 25

ORGANIZE AND PRIORITIZE HEALTHY CHOICES

3 Registrations
Attend 5 classes
Receive



November @ 6:00 pm

Nov 1

Nov 8

Nov 15

MEAL PREP MAGIC

LEARN MEAL PREP BASICS TO MAKE
MEALS EASY

4 Registrations
Attend 7 classes
Receive



December @ 6:00 pm

Nov 29

Dec 6

Dec 13

MONEY AND MENUS

BREAKFAST
LUNCH AND DINNER
SAVE MONEY EAT WELL

4 Registrations
Attend 9 classes
Receive



REGISTER TODAY!



FREE
for Families
eligible to receive
SNAP benefits



The Expanded Food and Nutrition
Education Program

SEPTEMBER

COOK AND CHAT

September
Wednesdays
6:00 pm

Earn kitchen
tools by
attending 3-12
virtual classes.



Join our virtual
community
Learn easy recipes!

September Strong
Learn how to manage fitness
and food for better health

SCAN ME



FREE
REGISTER TODAY!



UCONN | COLLEGE OF AGRICULTURE,
HEALTH AND NATURAL RESOURCES

UConn is an equal opportunity program provider and employer.

If you require special accommodations for education or meetings please notify us 2 weeks in advance so we may honor your needs. We look forward to working with you.



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The Expanded Food and Nutrition
Education Program

OCTOBER

COOK AND CHAT

October
Wednesdays
6:00 pm

Earn kitchen
tools by
attending 3-12
virtual classes.



FREE



October 2023

The Expanded Food and Nutrition
Education Program

Cook and Chat

October 2023

Organize Prioritize

October 11, 2023 @ 6:00 pm

Organize your cabinets
Pumpkin Power balls

October 18, 2023 @ 6:00 pm

Refrigerator refresh
Black Bean Tortilla Soup

October 25 @ 6:00pm

Prioritize Organize
Skillet Mexican Rice Casserole

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HEALTH AND NATURAL RESOURCES

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Learn easy recipes!

Organize your cabinets,
refrigerator and
kitchen for better health

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UConn EFNE COCINAR Y CHATEAR SERIES VIRTUALES

2023

Septiembre @ 6:00 pm

Sept 20

Sept 27

Oct 4

EMPEZAR FUERTE

TIPS AND TRICKS
CREATE A PERSONAL PLAN
HEALTH PRIORITIZED & ORGANIZED



2 Registros

Asistir a 2 clases

Recibirá



Octubre @ 6:00 pm

ORGANIZAR Y PRIORIZAR
OPCIONES MÁS
SALUDABLES

Oct 11

Oct 18

Oct 25



3 Registros

Asistir a 5 clases

Recibirá



Noviembre @ 6:00 pm

MAGIA EN PREPARAR
APRENDA LOS CONCEPTOS BÁSICOS
PREPARAR COMIDAS SABROSAS Y FÁCILES

Nov 1

Nov 8

Nov 15



4 Registros

Asistir a 7 clases

Recibirá



Diciembre @ 6:00 pm

DINERO Y MENÚS

DESAYUNO
ALMUERZO Y CENA
AHORRE DINERO COMA BIEN

Nov 29

Dec 6

Dec 13



4 Registros

Asistir a 9 clases

Recibirá



REGÍSTRESE
HOY





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HEALTH, PRIORITIZED AND ORGANIZED



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ORGANIZE AND PRIORITIZE HEALTHY CHOICES

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Oct 18

Oct 25



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MEAL PREP MAGIC

LEARN MEAL PREP BASICS TO MAKE
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MONEY AND MENUS

BREAKFAST
LUNCH AND DINNER
SAVE MONEY EAT WELL

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Dec 13



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TODAY!





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The Expanded Food and Nutrition
Education Program

COOK AND CHAT

NOVEMBER

November
Wednesdays
6:00 pm

**Earn kitchen
tools by
attending 3-12
virtual classes.**



FREE   **November**

The Expanded Food and Nutrition
Education Program

Cook and Chat  

ESL Meal Prep Magic
November 2023
Wednesdays @ 6:00pm

November 1, 2023 @ 6:00 pm
BREAKFAST
Carrot Cake Overnight Oats

November 8, 2023 @ 6:00 pm
LUNCH
GUACAMOLE WITH SWEET POTATO CHIPS

November 15, 2023 @ 6:30 pm
DINNER

UCONN COLLEGE OF AGRICULTURE,
HEALTH AND NATURAL RESOURCES

Join our virtual
community
Learn easy recipes!

Learn and share ways to
increase your meal prep game
for better health

SCAN ME



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UCONN
EXTENSION

The Expanded Food and Nutrition
Education Program

Cook and Chat
ESL FOCUS MONEY & MENUS

DECEMBER 2023

NOVEMBER 29, 2023 @ 6:00 PM	DECEMBER 6, 2023 @ 6:00 PM	DECEMBER 13, 2023 @ 6:00 PM
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REGISTER TODAY

for more information:
heather.pease@uconn.edu

UCONN
COLLEGE OF AGRICULTURE,
HEALTH AND NATURAL RESOURCES

AN EQUAL OPPORTUNITY EMPLOYER AND PROGRESS PROMOTER

Join our virtual
community
Learn easy recipes!
Save money by planning
your meals and
menus for better health

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