



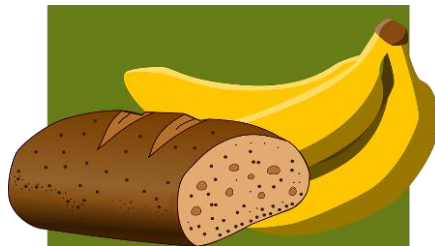
Live Your Why – Afterschool Edition

What can you do with stale bread? Make French Toast!
What about brown bananas? Bake banana bread!

**With the help of an adult make one of these recipes
with past peak ingredients.**

Make sure the food is not moldy.

Scan this:



Scan this:



thekitchn.com/how-to-use-up-overripe-fruit-58183

thespruceeats.com/how-to-use-stale-bread-3051837

What are the benefits of learning to cook or bake?



Looking for other ideas to help plan your afternoon? Visit us at
www.healthylamoillevalley.org/liveyourwhy