



LIVE YOUR WHY

Afterschool Edition



Do you know any family recipes?

Ask your family members if there are any favorite family recipes that you can make. If there isn't one make a your own.



What skills do you want to learn to get better at cooking and baking?

Where can you learn those skills? Who could teach you them?



A Program of the Lamoille Family Center

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