



Live Your Why – Afterschool Edition

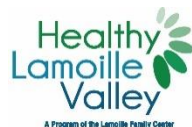
Do you know any family recipes?

Ask your family members if there are any favorite family recipes that you can make with the help of an adult or older family member. If there aren't any, make up a new one!



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?



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