



LIVE YOUR WHY

Afterschool Edition



Take out a cookbook and find a recipe you might like to cook or help cook with your family!



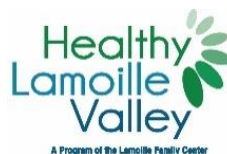
Don't have a cookbook? Look up a recipe online!



Does the recipe reference a skill or technique that is new?



Find a video demonstrating the skill.



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