



# LIVE YOUR WHY

## Afterschool Edition



Find something to cook or bake using ingredients you already have.



This website shows you which recipes you can make by clicking on what ingredients you have:



Scan this:



[myfridgefood.com](https://myfridgefood.com)

What is something you want to bake or cook in the future?



Looking for other ideas to help plan your afternoon? Visit us at [www.healthylamoillevalley.org/liveyourwhy](https://www.healthylamoillevalley.org/liveyourwhy)