



# LIVE YOUR WHY

## Afterschool Edition



Has your bread gone stale or has your fruit over ripened?



Here are some recipes you can use with those past peak ingredients. Ask someone for help if you're not familiar with baking.

Make sure the ingredients aren't moldy!



Scan this:



[thespruceeats.com/how-to-use-stale-bread-3051837](https://thespruceeats.com/how-to-use-stale-bread-3051837)



Scan this:



[thekitchn.com/how-to-use-up-overripe-fruit-58183](https://thekitchn.com/how-to-use-up-overripe-fruit-58183)



What motivates you, or doesn't motivate you, to bake or cook?



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