

For Release
December 28, 2020



Tuesday isn't so bad...
it means you survived Monday!

TUESDAYS@2

This winter, every Tuesday at 2pm there's a reason to celebrate!

- FREE!
- Interactive & fun!
- Teens to seniors
- Get recipes and nutrition information you can use every day
- From "National Soup Month" to "National Something on a Stick Day"

Tuesday Isn't So Bad – Especially with *Tuesdays@2*

A fun, interactive Zoom series from CCE Schoharie and Otsego

Cobleskill, NY & Cooperstown, NY — December 28, 2020 — Tuesday isn't so bad—it means you survived Monday! And now every Tuesday this winter it's even better with *Tuesdays@2*, a fun, interactive, free Zoom series from CCE Schoharie and Otsego Counties.

Reasons to celebrate are always welcome, celebrations often involve food, and *Tuesdays@2* is no exception. Every Tuesday for about an hour, starting on January 5th, 2021, a different holiday will be celebrated using food, recipes and nutrition information that will be useful every day. From National Soup Month to National Something-on-a-Stick Day, and including more well-known holidays like George Washington's Birthday (did you know that one

of his favorite foods was hoecakes?), each meeting will include a food demonstration, recipes appropriate to the topic/holiday, and nutrition information to encourage healthy eating.

Eaters from teens to seniors are sure to find them engaging and useful, and are welcome to attend one, some, or all of them. There is no fee to participate, but you must register to get the Zoom link. Those interested can register or learn more at www.cceschoharie-otsego.org/Tuesdays@2 or can contact Kimberly Ferstler at kmf239@cornell.edu or (518) 234-4303 x 120.

Other Nutrition Classes Available from CCE

Not available on Tuesday afternoons, but would like to learn more about healthy eating and how to incorporate it into your everyday life? The Healthy Connections program regularly offers group classes (see the CCE Schoharie & Otsego website for more information) and can also work with individuals on a one-on-one basis (evening and weekend hours available).

Contact Kimberly Ferstler for more information (kmf239@cornell.edu or (518) 234-4303 x 120).

Income eligible families with children can register for the EFNEP nutrition education program, and will receive a \$40 gift certificate to the Shoe Department upon completion of 6 lessons. Contact Michelle Leveski for more information at (518) 234-4303 x 115 or mml39@cornell.edu.

All nutrition education programs through CCE Schoharie and Otsego Counties are currently being held remotely using Zoom or other appropriate technology, and will be available again in-person once group meetings are deemed safe.

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For more information:

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(518) 234-4303 x 120

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