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Giddy-up with a Cowboy Caviar Cooking Demonstration! **Family Academy Saturdays Abraham Lincoln School No. 22**

Cornell Cooperative Extension of Monroe County has the special opportunity to work with the Rochester City School of Parent Engagements new initiative called Family Academy Saturdays. This initiative welcomes families to participate in fun, engaging and informational activities and topics. Some of these include line dancing, health and wellness, board games, arts and crafts, live cooking demonstrations plus much more! Not only does it provide fun activities for the community, but it also allows families to see all the different resources that are around them they may never have heard about.

Among the many vendors and organizations who are a part of Family Academy Saturdays Cornell Cooperative Extension of Monroe County highlights a fun part of the initiative by doing live cooking demonstrations. On Saturday, March 25th nutrition educator, Laurencé Walker, facilitated a live cooking demonstration on a fan favorite recipe; cowboy caviar. During the class, families learned healthier choices we can make at fast food restaurants and ways to include healthier foods in meals and snacks. Some children put their cooking skills to the test and helped make the cowboy caviar, as well. Comments we received from children were positive regarding their experience.

"I usually am a picky eater and do not like beans, but I love this recipe!"

"This tastes better than I thought it would."

"I will put cucumbers in here if I make it at home!"

Look below for future events planned for Family Academy Saturdays.

Time: 10:00 am – 2:00 pm
Saturday, April 29 - School 10
Saturday, May 20 - School 45
Saturday, June 3 - School 3

Building Strong and Vibrant New York Communities

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Nutrition educator, Laurencé Walker, making cowboy caviar with youth.

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