“Healthy” and “holiday” don’t usually find themselves in the same sentence, especially when it comes to food. That doesn’t have to be the case! Join us to hear from Nutrition, Food and Health Extension Agent Clara Wicoff about how to reduce the large amounts of fats and sugar usually found in holiday recipes and focus more on the “star” ingredients — fruits and vegetables. You’ll even get to try making one of the recipes! With a little planning and a few simple changes, it is possible to enjoy holiday foods which are both healthy and great tasting.

10 AM on November 16, 2022
Erie Public Library
Call 620-365-2242 to RSVP