

Healthy Hub at



Sidney Albert
Albany JCC



Food Prep 101

Join members from the Honest Weight Food Co-op on the second Wednesday of each month from October 2018 through March 2019 for an hour of easy, hands-on food prep. Each session will feature different recipes while we explore the abundance of local foods that are grown and produced in this region. Participants will have the chance to sample the foods prepared and take-home recipes. \$10/Free for JCC Members. Each session is limited to 20 participants. Register online at www.albanyjcc.org/register.



Wednesdays

10/10, 11/14, 12/12, 1/9, 2/13, 3/13

6:30 to 7:30pm

Albany JCC – Auditorium

Sidney Albert Albany Jewish Community Center ☆ 340 Whitehall Road, Albany, New York 12208
Contact Lisa at lisam@albanyjcc.org for more information.