

# Around the Table

**An 8 Week Food, Nutrition, and Cooking Course for School-Aged Children and Their Caregivers**



**This program is for caregivers & their school-aged children (grades K-12). Mature teenagers aged 14 & up may participate without an adult.**

**Tuesdays, July 5-August 30 2022**

**11:30 a.m.-12:30 p.m.**

**First Step Family Support Center  
325 E. 6th Street, Port Angeles**



SCAN CODE TO  
REGISTER TODAY!

For more information contact Victoria at (360) 460-3506 or [victoria@olympicpeninsulaymca.org](mailto:victoria@olympicpeninsulaymca.org)

## Participants:

- Cook and eat together
- Share memories and stories about food
- Explore their personal relationship to food
- Improve cooking and food resource management skills
- Learn about nutrition for good physical and mental health
- Explore healthy coping and self nourishment skills
- Plan their own menu
- Practice mindful eating, grounding, and gratitude



WSU EXTENSION  
**Clallam County**



[FirstStepFamilySupportCenter.org](http://FirstStepFamilySupportCenter.org)



This event is sponsored in partnership with First Step Family Support Center, Olympic Peninsula YMCA, and the WSU Clallam County Extension SNAP-Ed Program. The material provided is funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

WSU Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office. Reasonable accommodations will be made for persons with disabilities and special needs. To request accommodations, please contact our WSU Clallam County Extension office at 360-417-2279, or [danielle.carson@wsu.edu](mailto:danielle.carson@wsu.edu) at least two weeks prior to the event. First Step Family Support Center is an equal opportunity employer and provider.