

Del Norte CalFresh Healthy Living hosts snack event on Zoom

September 23, 2020



Del Norte CalFresh Healthy Living is hosting a Make Every Day Healthy Snack virtual event from 6-7 p.m., Sept. 23 via Zoom platform.

Join the Zoom event at <https://dnco.zoom.us/j/95575015191>.

The virtual event will feature ideas and tips for healthy snacking to satisfy your different flavor cravings—sweet, savory, crunchy, and spicy. Please check out Personal Recipe Finder at <https://healthysnackday.com/>, an easy-to-use tool that features the flavors you like to find healthy recipes you'll love.

The virtual event, will also feature tips and ideas and fun activities that will promote healthy snacks for children. Del Norte CalFresh Healthy Living will offer healthy snack cooking demonstrations.