

NIBBLE WITH WILLOW!

FAMILY FUN FOR ALL AGES!



Meet Willow and
join our family
cooking activities!



A delightful program with our cuddly bunny character, WILLOW, who introduces children to healthy food

Join us on _____ at
"Family Meals Can Be Fun"
A family workshop starring Willow!

Where:

Workshop includes:

- Live hands-on Willow session
- Cooking demos
- Free food samples

GROW
ADVENTUROUS
EATERS



LEARN TO
DESTRESS
MEAL
TIME!

WHAT CAN WILLOW DO FOR YOUR FAMILY?

- ✓ Make family meals **MORE FUN** and less stressful
- ✓ Transform your child into an **adventurous eater**
- ✓ Learn new easy and **delicious recipes** for the whole family to enjoy

FAMILYCOOK
PRODUCTIONS

Nibble with Willow is an award-winning program developed by [FamilyCook Productions](#), a nonprofit organization teaching nutrition through cooking for all ages since 1995.

