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**FOR IMMEDIATE RELEASE**

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**Helpful Thanksgiving Meal & Food Safety Tips Offered for Adults Raising Children of Relatives**

Learn helpful tips and techniques for a delicious, healthy, and affordable Thanksgiving meal for your family. This presentation is for adults who are raising children of a relative and all Relatives as Parents Program enrollees. The program is Monday, November 3 from 6:00pm to 8:00pm at the Ulster County Community Actions Children Center located at 175 Colonial Drive, Kingston.

Participants will learn affordable menu choices, how to keep food safe to eat before and after the holiday (safe defrosting of the bird a pamphlet with the latest info on thawing methods and roasting times) great recipes for Thanksgiving leftovers and information about the Group food purchasing program. Guest presenter, Eileen Polk from the nutrition education program, Eat Smart, Live Well, at Cornell Cooperative Extension Ulster County will teach this class.

Pre-registration is required. Call Barbara Grumberg at 845-340-3990 to reserve a seat or email: [bag23@cornell.edu](mailto:bag23@cornell.edu).

For more information about Cornell Cooperative Extension of Ulster County's community programs visit our website at: <http://counties.cce.cornell.edu/ulster>.

For more information on the Relatives as Parents Program (RAPP) call Erica Smith or email [els235@cornell.edu](mailto:els235@cornell.edu).

*Building Strong and Vibrant New York Communities*