



Family-Friendly Kitchen Hacks

Ages 18 and Up

Is your dinner routine in need of a tune-up? Join ShopRite Dietitian Michelle Mattia to learn about some kitchen hacks to be successful in building and enjoying a healthy dinner! This workshop will focus on creating meals and routines that are time, budget and family-friendly. Spice up your family dinner with new hacks and techniques you can bring to the table. This program will include a discussion and demo by Michelle and all participants will receive materials needed to reproduce the dish at home. Only those who register will be able to attend to adhere with social distancing guidelines. All participants must wear a mask at all times during the program. Due to COVID-19, several new policies are required of all participants and their families. Please see page 2 for details. This program is for Enfield residents only. **Limit: 20.**

Date: Wednesday, November 4, 2020

Fee: FREE!

Time: 6:00 – 7:00 PM

Activity Number: 3605.0116.101

Location: Enfield Annex Auditorium, 124 North Maple Street

ONLINE REGISTRATION BEGINS:

Residents: Friday, October 16 at 8:00 AM

If you wish to register in person, please call the office at 860.253.6420 to set up an appointment, M-F, 8AM - 4PM.



ShopRite®

Enfield Recreation | 19 North Main Street
860.253.6420 | www.enfield-ct.gov/recreation



PROGRAM POLICIES RELATED TO COVID-19

- **If you or anyone in your household does not feel well for ANY REASON, please do not attend the program.**
- Please notify us if you or someone in your household tests positive for COVID-19 on the day of the program or in the 14 days immediately following the program.
- Masks must be worn by participants at ALL TIMES during the program.
- Sign in will be contactless and conducted verbally by Recreation staff. When signing in, please maintain a social distance of at least 6 feet between yourself and others.
- Please enter the Annex through Door 1 (main lobby by the gym). Only those registered will be allowed in the building - no children or additional family members will be allowed in.
- Participants must complete a personal health screening before arriving to the program. An email reminder will go out the day of the program.
- Hand sanitizer and restrooms will be available for participants to use during the program. Hands must be sanitized/washed before entering the auditorium and as needed during the program.
- Water fountains are shut off at the Annex. Please bring your own water bottle should you need water during the program. No other food or beverage will be allowed in the auditorium.
- Participants must follow staff directions to keep socially distanced throughout the program.
- Participants should bring all of their belongings with them when they leave - any items left behind will be discarded.
- **Policies are subject to change based on new local, State or Federal regulations. We will communicate any changes via email.**