



Press Release

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FOR IMMEDIATE RELEASE

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HARFORD COUNTY PUBLIC SCHOOLS PARTNERS WITH BOYS & GIRLS CLUB TO HOST FAMILY DINNER EVENTS

Dinner served at the Boys & Girls clubs of Aberdeen and Edgewood

Harford County Public Schools (HCPS) has partnered with the Boys & Girls Club to host a series of Family Dinner events at both the Aberdeen and Edgewood clubs for its members' families. Family Dinners, planned, provided and prepared by HCPS and hosted at the area Clubs, are designed to offer nutrition education to participants as part of a fun, affordable family event.

During the events, HCPS Food and Nutrition employees discuss with parents and guardians the best ingredients and techniques when preparing healthy meals, demonstrate how to prepare a meal, offer tips for cooking on a budget and provide recipe cards for the selected meal. The student Club members are involved in the event by learning how to place full dinner settings on the tables before families arrive.

The first event was held in September, and both Clubs were excited to host approximately 75 guests. Families enjoyed a delicious, well-balanced meal of herb roasted chicken, sautéed squash, sweet butter corn, and cinnamon apples. During the event, the HCPS chefs demonstrated how to break down a whole chicken, providing an economical protein option for family meals.

The next Family Dinner is set for Monday, November 17. The meal will be served at 6:30 p.m. and the menu consists of meatloaf, green beans, mashed potatoes and gravy, rolls, harvest pie and water or 1% milk. The cost of the event is \$2.00 per adult meal; kids eat for free!

Thanks to the partnership between HCPS and the Boys & Girls Club, Family Dinners will be held once a month at both the Aberdeen and Edgewood locations.

To reserve your family's table for November 17, please contact the Boys & Girls Club by the close of business on Friday, November 7:

- Aberdeen: 410-272-8233
- Edgewood: 410-676-1020

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