

Christmas Brings Celebrations

It was a very busy Christmas season at Cabrini Immigrant Services (CIS), Dobbs Ferry, NY. We celebrated the completion of our third Nutrition Program. The students attended an 8 week program, presented by Lucy Diaz, a Nutrition Program Educator with Cornell Cooperative Extension of Westchester County. The course, 'Expanded Food and Nutrition



The participants in the Nutrition Program proudly display their Certificates of Completion.

Education Program', taught the participants about how to read and understand labels on different food and drink items, food safety, reducing salt and sugar intake, etc. We celebrated with our students who completed the course. In addition to the students receiving certificates, CIS was also presented with a certificate thanking us for working as partners to bring the nutrition program to the Westchester Community.

We had a special Christmas Dinner for several of our Moms. We enjoyed so many homemade dishes from different countries. The Moms had a Secret Santa. Each person got up and said some beautiful words about the person for whom "Santa" brought a gift. The evening also included some singing and dancing! The Moms enjoyed having some special time together.



The Cabrini Moms gathered for a Christmas dinner with an international flair. Everyone enjoyed tasting the delicious dishes from a variety of countries.