



Healthy and Safe Eating Presentations—Online!

CONTACT US:

Register* by calling or
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*Please indicate which
program date(s) you
are signing up for.

Zoom link will be sent
out prior to
presentation.

In partnership with:



Department on Aging



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WHO:

Adults, students 18 and up, seniors, and anyone else
looking for tips to cook for themselves!

PROGRAM SUMMARIES:

March 26th 1:30-2:30pm

- Learn the 4 steps of Food Safety and why they are important
- Learn tips for meal planning and preparation that will keep food safe, but also make cooking easier!

Participants who join and fill out a pre- and post-survey for March 26th will receive a \$10 Amazon gift card!

April 22nd 11am-12pm

- Understand and practice using the basics of meal planning, while finding budget-friendly yet healthy ingredients
- Learn how to locate your food resources
- Maximize your efficiency in the kitchen by cooking once and eating twice
- Learn some new ingredient substitutions to minimize trips to the store

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