



# FOOD PREPPING 101

Are you tired of preparing the same boring meals? Do you need a new, creative, and fun idea when it comes to meal prepping? Well, we have a solution for you!

Join us for a lunch and learn webinar with the YMCA's Registered Dietitian, Sarah Broekhoven and Southern University Ag Center's Assistant Area Agent, Angell Jordan. Together they will demonstrate how to meal prep and make lunches in less than an hour. We look forward to your attendance! RSVP below.

## November 3 at 12pm (CT)

**RSVP Link: <https://forms.office.com/r/5HCf7xAz1K>.**  
**A webinar link will be sent via email prior to the event.**  
**A recording will be made available if you RSVP and if you are unable to attend.**

**Contact Stacey Howell for more information: [showell@ymcabr.org](mailto:showell@ymcabr.org)**

This program is in partnership with the *All of Us Reserach Program*.  
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