

Quick and Easy Lunches for the Whole Family

Food Demo

February 2nd, 2022

1:30-2:30

Learn how to make simple and healthy lunches that your whole family will enjoy.



Learning Outcomes: Participants will learn:

- what is a balanced and filling lunch;
- how packing lunches can save you money;
- how to make quick and portable lunches; and
- how to get kids involved in making lunches.

Speaker:

Lauren Renlund, MPH, RD is the community dietitian for Yellowhead Tribal Council. For over three years she has worked with four First Nations in Treaty 6 Territory: Alexis Nakota Sioux, Alexander, Sunchild and O'Chiese.



Target Audience: Home cooks who want to cook healthy meals that their families will enjoy

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To access this session from zoom:
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Meeting ID: 827 4355 9861
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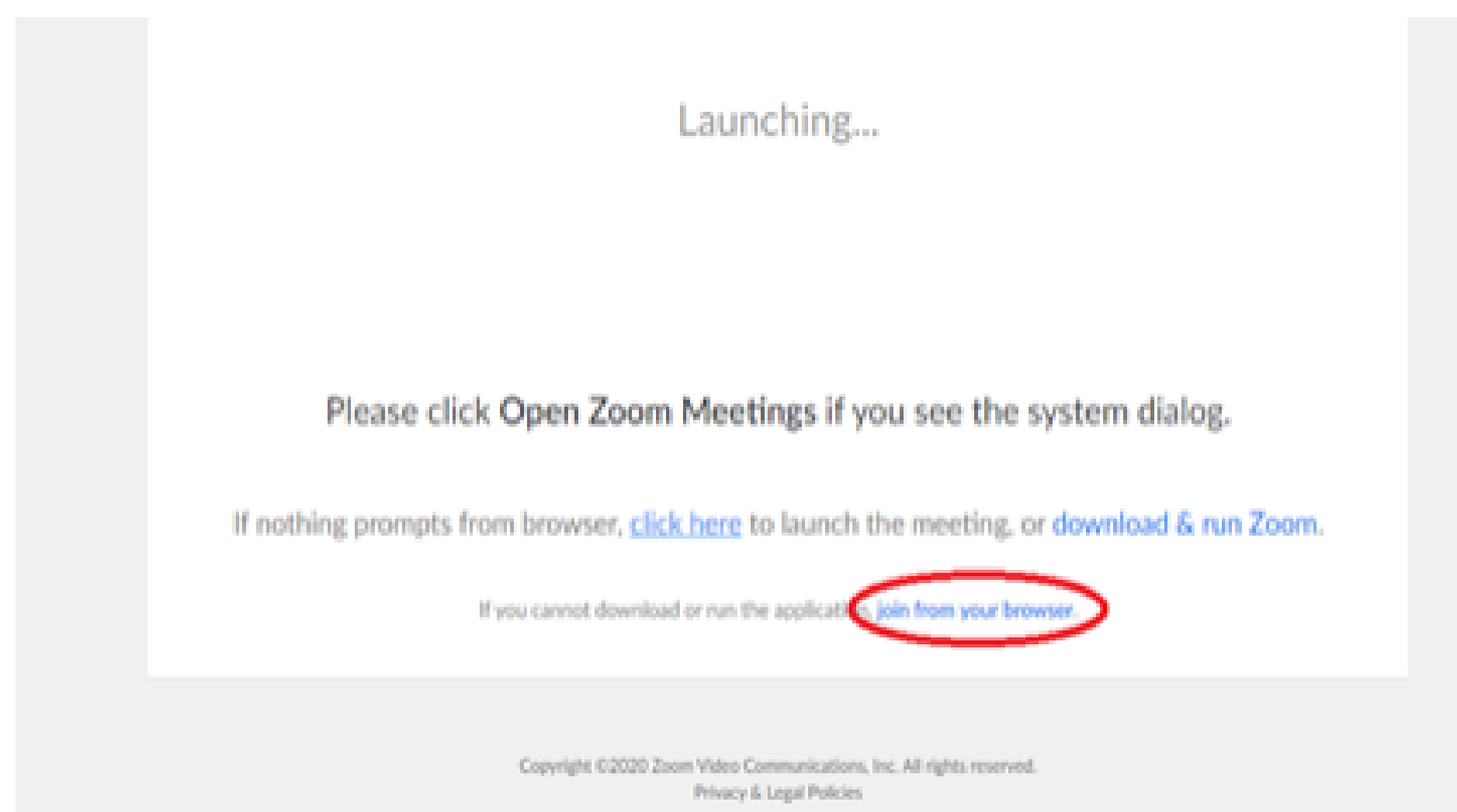
4. Click the option "click here" (See image below)

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5. An executable file will be download, please run the file

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