

Food Planning & Prepping 101

February 3, 2025

5:30 - 7pm

- Learn how to get the most nutritious food for your dollar. This workshop runs through the importance of nutrition and what it means to be the nutritional gatekeeper for your family.
- Learn more about:
 - shopping strategies --utilizing sales, coupons, understanding unit pricing
 - making a meal plan/grocery list for efficiency and affordability
- Dinner Provided --while supplies last
 - Kid friendly options
 - Sample one of the suggested recipes
- Kid friendly activities to help keep your littles entertained while you learn alongside others.



KIDS Place Early Learning Childcare
2600 E. 5th St. Anderson, IN 46012



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