

2021 Dates - MyPlate for My Family				
Month	Tues 11 am	Wed 1 pm	Thurs 6:30 pm	This Month's Topic - All 3 sessions in the month are the same.
February (choose one link above)	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	<p><u><b>MyPlate for My Family – Family Meals</b></u></p> <p>In this session we'll go over timesaving tips that can help busy parents and caregivers plan, shop, and prepare healthy, low-cost meals for their families and learn ways to let their children help. We'll discuss the challenges of making affordable and healthy family meals and snacks.</p>
March	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	TBA
April	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	TBA
May	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	TBA