

Month	Tues 11 am	Wed 1 pm	Thurs 6:30 pm	This Month's Topic
February	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	<u><a href="#">MyPlate for My Family – Family Meals</a></u>
<b>March</b> (choose one link above)	<b>9<sup>th</sup></b>	<b>1:00 pm</b> <b>FRIDAY</b> <b>12th</b>	<b>11<sup>th</sup></b>	<u><a href="#">MyPlate for My Family-How Much Food and Physical Activity (via Zoom)</a></u> Learn the basics on how much food your family should be eating from each food group and how what you eat ties into physical activity. Set new goals for you and your family to get on track to a healthy future. Learn to make roasted sweet potatoes with a fun cooking demo at the end.
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