



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MEAL PREPPING MADE EASY

## Watch, Taste, and Learn

Get real life meal prepping and healthy cooking tips and tricks.

In Person Classes or Virtual via Zoom (Virtual Members will not be able to sample products but will be able to view and participate in class and receive recipes via email.



**February 12, 2022**  
**10am-11:30am**  
**On-The Go Healthy Breakfast...** Shakes, Bars, and Overnight Oats!



**March 26, 2022**  
**10am-11:30am**  
**Veggie Power...** Vegetables are good for you, and taste good too!



**February 26, 2022**  
**10am-11:30am**  
**Healthy, Fun, & Tasty Lunches and Snacks...** Meal Prepping tricks and healthy combos you can pack and take to go!



**April 9, 2022**  
**10am-11:30am**  
**Guilt Free Desserts...** because everyone deserves to indulge once in a while!



**March 12, 2022**  
**10am-11:30am**  
**Eat this Not that...** healthy alternatives to your favorite foods!



**April 23, 2022**  
**10am-11:30am**  
**One Pot or Pan Combos...** cooking for a family in a hurry while staying healthy!

**CLASS SPACE IS LIMITED. REGISTRATION REQUIRED.**

**FEE PER CLASS:** \$5 Virtual Participant (must be a YMCA member);

\$7 Facility Members, \$10 Program Members, \$15 Community Members.

**REGISTER IN ADVANCE FOR 5 CLASSES AND GET THE 6<sup>TH</sup> CLASS FREE.**

**Cumberland Cape Atlantic YMCA**

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