

NUTRITION SERVICES

Group Session

Meal Prepping

\$25/person - Limited Spaces Available

Call 352-383-0051 x 303 to make a reservation

**Feb 12th @ 10:30
A.M.**

**in the Lakeside
Conference Room**

Learn how to:

- **Prepare meals without waste**
- **Cook multiple meals with the same ingredients**
- **Save time spent cooking**

