Interested in learning more about nutrition and healthy tips and tricks?

Come join Shana Griffin, Registered Dietician at ShopRite for a Lunch & Learn on

**Meal Planning**

- Quick and healthy recipes for a busy schedule
  - Grocery shopping on a budget
  - New healthy food product ideas
  - Healthy Eating goodie bag raffle!

**Wednesday, January 27th from 2:00-3:00pm**

**Woods Classroom – Mortensen Library**