

Please join us for a Wellness@Work Lunch-and-Learn!

MEAL PLANNING & PREPARATION FOR MAKE & TAKE MEALS



Wednesday, March 20

Noon to 12:45

Hargraves Gymnasium Classroom

Think outside the lunch box & start meal prepping & planning for nutrient-packed meals! Meal prepping make-and-take meals can save you money and, by making healthy choices ahead of time, you can reach your wellness goals!

- Identify benefits of meal prepping
- Learn how to stock up on heart-healthy kitchen staples
- Discuss how to start meal prepping
- Review storage tips for prepared meals
- Discover meal planning guides for meal prepping

Presenter: Lana Nasrallah, the Wellness@Work Dietitian/Nutritionist



Lunch will be provided!

Please RSVP to Liska Lackey by 5 p.m. Monday, March 18, at llackey@email.unc.edu or 919-968-2796.



wellness @ work
UNC HEALTH CARE | FAMILY MEDICINE
TOWN OF CHAPEL HILL

