

A New Year, A New You!

Too busy to make time for healthy meals? Mason jar salads are healthy, full of flavor, and one of the easiest meals you'll ever make. This class will walk you through everything you need to know in order to make the best salads that will stay garden fresh for up to 5 days!

Salad options:

Healthy Mason Jar Salad Class

The screenshot shows a shopping cart with the following items:

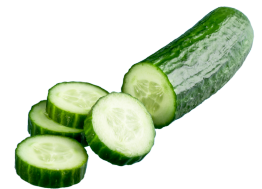
- Tuscan Garden Simply White Balsa... 1 ct \$0.79
- Little Salad Bar Garden Salad 1 ct \$1.89
- Grape Tomatoes 1 ct \$1.99
- Cucumber 2 ct \$1.50
- Multi-Colored Peppers, Package 1 ct \$2.75
- Peeled Organic Baby Carrots Bag 1 ct \$1.65
- Dakota's Pride Garbanzo Beans 1 ct \$0.89
- Appleton Farms Grilled Chicken Stri... 1 ct \$5.19
- Red Onion Bag 1 ct \$2.45
- New! Instacart+ family carts (Shop together with your +1)

At the bottom, there is a "Go to checkout" button for \$19.10.



- Learn a convenient way to meal prep a healthy lunch
- Create a salad with your own options
- Support a clean eating lifestyle change
- Learn budget-friendly tips for a healthier you

January 16, 2024
6:00pm-7:15pm



[BIT.LY/NUTRITIONAL_HEALTH_WELLNESS_SERIES_2023](https://bit.ly/nutritional_health_wellness_series_2023)

Bon Secours Community Health Hub

**4700 George Washington Hwy
Portsmouth, VA 23702**

Transportation provided upon request

**Parents Only Event
Limited Seating,
Register now!**



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