



## Tips and Tools for Successful Family Meals



Want to Learn how to :

- ◇ Prepare nutritious meals
- ◇ Save money
- ◇ Learn the benefits of eating with your kids



Class information:

When: Tuesday ,February 7th, 2012

6:00pm—8:00Pm

Where: Shaw Middle School

Library

600 Eagle Canyon Drive

***Free CHILDCARE is available***

room #317

