



Somerville Council on Aging
presents
HEALTHY EATING WORKSHOP

September 14, 2020

at

10:00 am

Please join in a group workshop on ZOOM. Planning meals can be tiresome and gets to be boring. Let's share ideas on how to balance out your day with tasty and nutritious meals and snacks. We will focus on getting in all of the daily food groups, while enjoying some summer treats.

Things we will cover include:

- Knowing how much to eat and spreading out your meals
- How to choose foods that are delicious and nutritious
- Meal preparation for weekly planning and leftovers
- How to get started on your grocery list
- Filling out a meal plan that works for you and your schedule



RSVP to Mary Marshall at 617 625-6600 ext. 2316. Please leave your name, number and email or you may email me at headtofitness10@yahoo.com