

The CALS Wellness Committee and the Dietetics and Nutrition Club  
Present the first in a series of nutrition-themed Lunch and Learns:

## Packing and Snacking for Adults and Kids



12:30 – 1:30pm  
Friday, March 4  
351 Moore Hall  
(Bring your lunch!)



Want to pack healthy lunches and snacks for work or school? Hard to think up or find time to prepare meals and snacks that both you and your kids will enjoy? Join us to learn how to plan for and prepare lunches and snacks that are kid and adult-friendly, easy, healthy, and of course, delicious!



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