

**NC COOPERATIVE
EXTENSION**

Meal Prep & Nutrition Education

The Neighborhood Networks Technology Center
265 Salem St., SW Concord, NC 28025

**February 4, 2025
2:30-3:15pm**

*Recurring Tuesdays through March 11, 2025

Over 6 workshops, you will learn about:

- ✓ Dietary Guidelines
- ✓ Preparing quick and healthy meals
- ✓ Food resource management
- ✓ Safe food-handling practices
- ✓ Meal planning to save money
- ✓ Simple exercises to boost mood

Classes are FREE and family friendly!
All are welcome.

Contact Information:

(704) 984-3095

danielle_pennington@ncsu.edu

 [letthyfoodbethymedicine369](https://www.instagram.com/letthyfoodbethymedicine369)

<https://cabarrus.ces.ncsu.edu/>

*Register
here!*

SCAN
ME!



Concord
NORTH CAROLINA
High Performance Living



EFNEP
Expanded Food and Nutrition Education Program

**NC STATE
UNIVERSITY**

USDA



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