

WellNYS Everyday Monthly Webinar

The March WellNYS Everyday Monthly Challenge *Shopping and Making Your Meals*

Join us for the following webinars:

Weekly Meal Plan Made Easy

Wednesday, March 6, 2024

12:00 noon – 12:40 p.m.

Discover how to plan a week of healthy meals on a tight schedule and budget by selecting great recipes, creating shopping lists that include fresh and seasonal produce, taking advantage of sales and coupons, maintaining your pantry, and enjoying nutritious meals throughout the week. To register for this webinar, go to:

<https://meetny.webex.com/weblink/register/ra8d12c18c309c2773c3fc82895836cfa>



Smart Fearless Shopper

Wednesday, March 20, 2024

12:00 noon – 12:40 p.m.

Take a virtual grocery store tour to learn how to make heart-healthy and budget-friendly food choices. Guided by a dietitian, you will compare fresh, frozen, and canned fruits and vegetables, understand pricing, and learn how to interpret in-store signage and much more. To register for this webinar, go to:

<https://meetny.webex.com/weblink/register/reec163abb1a34320ea44cb9b765557b8>

