



Please Join Us in Celebrating Good Health!

VIRTUAL COOKING DEMONSTRATION

MAKE-AHEAD SNACKS

MAY 20, 2026

12:00PM – 1:00PM CT

Learn about...

- The benefits of snacking
- Preparing healthy, delicious snacks
- Snack ideas for at home or on the go

Featured Recipes:

Roasted Chickpeas, Energy Balls, Berry Yogurt Dip

Scan the QR Code to Register:

