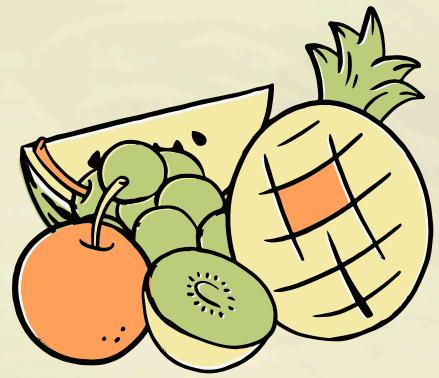


# EFFORTLESS MEAL IDEAS FOR BUSY FAMILIES



**Presented by Hy-Vee Registered Dietitian  
Julie Gallagher**

Are you struggling to find time to prepare nutritious meals for your family while also balancing a busy schedule? Join our Hy-Vee dietitian for a practical presentation guiding you on how to create nutritious meals using read-to-eat ingredients. Discover how to assemble balanced and delicious meals with minimal preparation by leveraging fresh produce, pre-cooked proteins, and wholesome grains to effortlessly meet your nutrition needs. Don't miss out on tips and tricks for making mealtime both convenient and healthy!

**Date:** Tuesday, February 10 from 6:00pm-7:00pm  
No Fee

Register at the front desk or online, drop-ins welcome

## Winter Wellness Series

Online Registration Title – Wellness Series: Hy-Vee Nutrition Seminar

