



College of Hope

A Class in Health & Wellness

Quick and Easy Meal Planning

Presented by Jennifer Blakemore

In this class you will learn to:

- Identify pantry staples
- Find quick and easy recipes
- Utilize strategies for simple meal planning
- Streamline the creation of a shopping list
- Simplify the process of planning and preparing healthy and flavorful meals for the whole family

Tuesday July 30th, 2019, 6:00-8:00pm



Location: Ken Schilaty Learning Center
5908 Evergreen Way, Everett, WA 98203

Registration: Advanced registration is required. Complete and return the registration form to collegeofhope@housinghope.org or register on our website www.collegeofhope.org

Register by Friday, July 19th, 2019

If for any reason you are unable to attend this class please notify the College of Hope at 425-353-8112 by no later than 12 NOON the day of.