



Smart Meal Planning for Real Life

Take the stress out of “What’s for dinner?” Join dietitians to learn flexible approaches to meal planning that will save you time, reduce food waste, keep your food budget under control and improve your nutrition. (1.5 hours)

Registration: <https://redcap.link/SmartMealPlanning>

Location: Live online* (Zoom®)
Or in-person** at South Health Campus

*Live online classes are open to all Albertans. **Note: space is limited for in-person classes.



More info: www.ahs.ca/shcwellnesskitchen
(click on Program Guide)
403-956-3939 or wellness.shc@ahs.ca