



# Meal Planning Made Easy

Save money and eat healthier with tips on meal planning, grocery lists, prep, and time management.

**Meal Planning Made Easy**  
**Thursday, May 29**  
**12 p.m. - 1 p.m.**

**Register Now**

**Space is limited.**

**Questions?**

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

