

EATING HEALTHY ON A BUDGET

LIVE COOKALONG SERIES

Join registered dietitian Florey Miller for two live, interactive cookalong sessions featuring recipes from Healthy Eating on a Budget. Each session will highlight a different budget-friendly recipe, giving you the opportunity to cook along, learn practical tips, and build confidence in preparing healthy, affordable meals.

1

DATE & TIME

August 4th, 6pm

LOCATION:

ZOOM

MEALS

Kung Pao Salmon Tacos

Crispy Edamame and
Egg Tacos

2

DATE & TIME

August 11th, 6pm

LOCATION:

ZOOM

MEALS

Spiced Lentils, Rice, and
Spinach

Lemon Chicken Caesar
Salad Pasta

BOCC Employees: This YourChoice workshop earns points in the **Physical** wellbeing pillar for Manatee Thrives.

SCAN ME

