



# Family Meal Night

Week 1 : Getting to know each other / food handlers practice  
Thursday March 31st 2:30-3:30

Week 2: Nutrition with Hayley Ewing (Dietician of Superstore). Exploring Recipes and Choose your Family Meal  
Thursday April 7 2:30-3:30

Week 3: Let's Go to the Grocery Store  
Thursday April 14th 2:30-3:30

Week 4: Make It and Take It Home  
Thursday April 21st 2:30-4:00

Week 5: Team Reflection Day  
Thursday April 28th



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