

*LIGHT LUNCH WILL BE PROVIDED.



EAT WELL BE WELL

FOOD GROUPS

PORTIONS

HEALTH

Back to the basics



VARIETY

COLOR

OPTIONS

Walk away with ideas on how to add a plate full of color using the MyPlate as an everyday tool to incorporate a variety of healthy food choices.



Date: 01/30/2020

Time: 12:00- 12:45pm

Location: D3 Tribal Health Dept. Conference room "A"

Space is limited to 20 participants.

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