



VEGGIE RX PRESENTS

HEALTHY SNACKS FOR THE FAMILY

Join us for a family workshop all about how to snack healthfully! We will share information and practical tips and we'll prepare snacks together.

TUESDAY MAY 1ST
5:30 PM - 6:30 PM

HAMILTON MIDDLE SCHOOL

Register online: <https://volunteersignup.org/QABML>



VEGGIE RX PRESENTA

BOCADILLOS SALUDABLES PARA LA FAMILIA

Unase a nosotros para aprender a hacer bocadillos saludables para todos. ¡Compartiremos informacion e ideas practicas y prepararemos un bocadillo juntos!

MARTES 1 DE MAYO
5:30 PM - 6:30 PM

HAMILTON MIDDLE SCHOOL

Registrese en línea: <https://volunteersignup.org/QABML>