



Quick and Healthy Meals for Families on the Go

Find us online!



Do you struggle with meal planning and question what it means to eat a balanced diet? Applying and utilizing the MyPlate Method of eating helps ease the idea of counting calories, measuring food and is a useful tool to help meal plan for you and your family.

Sugar – it’s in a lot of foods. Let’s learn how sugar affects the body, how to identify sugar in your food choices and overall, what the daily goal is for added sugars. Sugar leads to inflammation and inflammation is the foundation to any disease state.

Learn from your Lee’s Summit West Hy-Vee Registered Dietitian how to apply the MyPlate method for use in meal planning and also how sugar affects your health on a daily basis.

Quick and Healthy Meals for Families on the Go
Richardson Elementary School – Media Center
800 NE Blackwell Rd
Thursday, October 26
6:30 to 7:30 pm

The cost for the class is \$10 per person. Scholarships are available to residents who live within the Lee’s Summit R-7 school district boundaries.

October 2017 | All Ages

***Please register by Oct 19**

Name: _____ Phone: _____

Mailing or email address: _____

Circle Payment Method: Cash Check Scholarship (Contact Bev 816-347-3259)

To register with a credit card, click [here](#) or go to www.LSCares.org/parenting.

If not registering online, please mail check with completed form to:

ReDiscover c/o Bev Hatley | 1555 NE Rice Rd. | Lee’s Summit, MO 64086 (816)-347-3259



Parent University, a program of LS CARES, is made possible through a collaborative relationship between Lee’s Summit CARES, the Lee’s Summit R-7 School District and ReDiscover.