

September is Family Meals Month

Join Weis Markets as they present the following webinar:

MEAL PLANNING WORKSHOP

SEPTEMBER 21, 2021 @ 10:00 AM

Are you in a recipe rut? Join Weis Dietitian Erin Dunleavy as she cooks Pulled Chicken Tacos and provides useful meal planning tips, including budget-friendly shopping strategies, recipe ideas and more.

Click Zoom link below to join the meeting:

<https://zoom.us/j/94109225452?pwd=R3ZSSEV2YmJXcExUWEFEUG03SIRGdz09>

Cook-along-recipe: **Pulled Chicken Tacos**



Recipe link:

<https://www.weismarkets.com/recipes/pulled-chicken-tacos-3-ways/14295>

If you wish to cook along, please have chicken cooked ahead of time (4-6 hours on low in crockpot, or use recipe-ready rotisserie chicken)

SEPTEMBER WEIS MARKETS MEAL PLANNING WORKSHOP

SEPTEMBER 21, 2021

REGISTRATION
NOT REQUIRED

JOIN ON YOUR
COMPUTER OR
MOBILE APP

ATTEND AS A GROUP
OR INDIVIDUALLY

CLOSED CAPTION IS
NOT AVAILABLE

EMAIL LESLEY AT

LGMURPHY@GEISINGER.EDU

FOR A CERTIFICATE OF
ATTENDANCE.