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# **BREAKFAST SNACK HACK**

**Join us for a FREE, interactive online class. We will:**

- Discuss making healthy, homemade snacks
- Share tips for saving time when buying and preparing healthy snacks
- Brainstorm how to involve kids in snack prep at home



**Saturday, January 16, 2021**

**9:30-10:30 a.m.**

**Kids Welcome to Join!**

**Register here:**

<https://strength.zoom.us/meeting/register/tJUqd-Csqz4qE9NApE85FawkUD-yCiUHVLE1>

**We'll be making Homemade Granola and Yogurt Parfaits together. Be sure to have these on hand:**

- Yogurt
- Any fruits of your choice (frozen fruits work great for this!)
- Oats
- Cinnamon
- Vegetable Oil
- Honey (if you have it)



**COOKING  
MATTERS®**  
by SHARE OUR STRENGTH