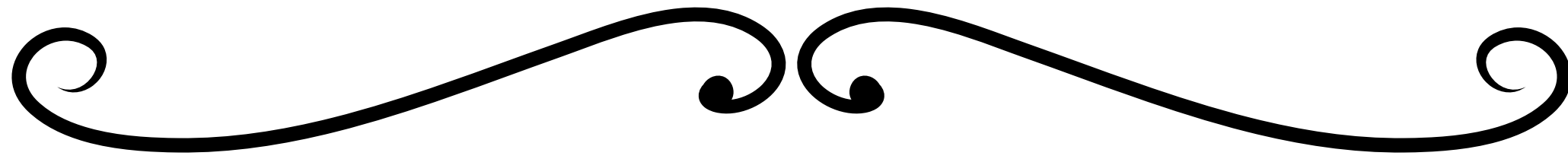


Health & Wellness Lecture Series
May 2026 Lunch and Learn

The Art of Meal Prepping

Presented by: Karen Fivek, RDN



Date: Wednesday, May 20, 2026

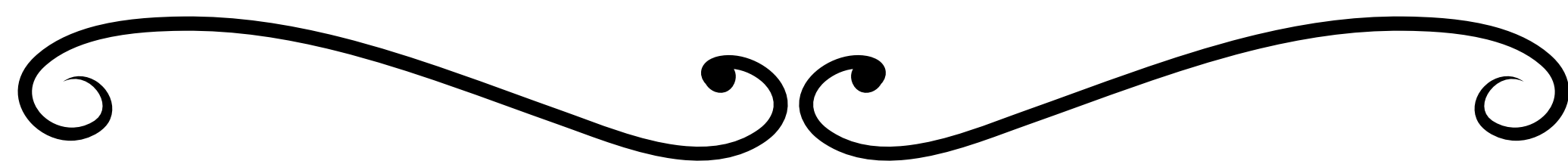
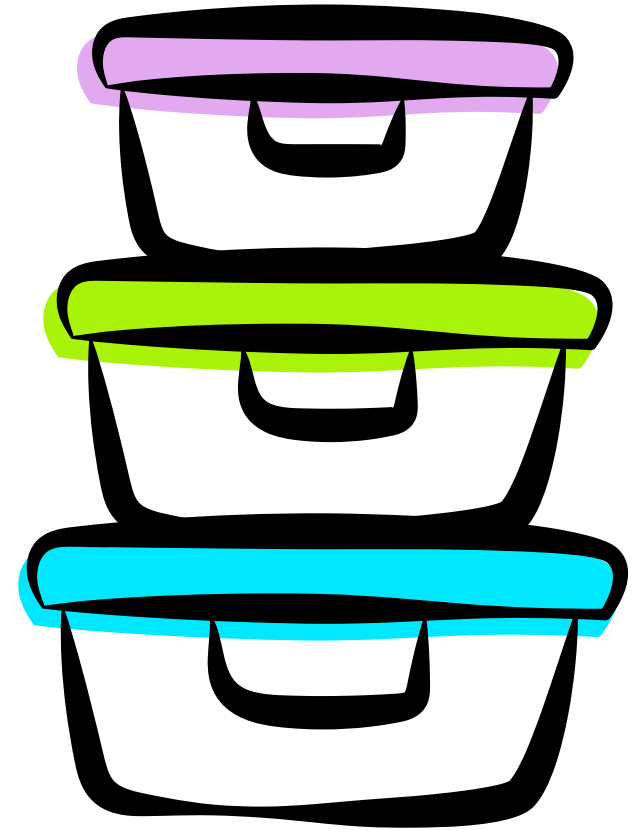
Time: 11 AM - Noon

(45 min presentation, 15 min Q&A and boxed lunch)

Location: Meals on Wheels Main Office

5 Walter Foran Blvd, Suite 2006,
Flemington, NJ 08822

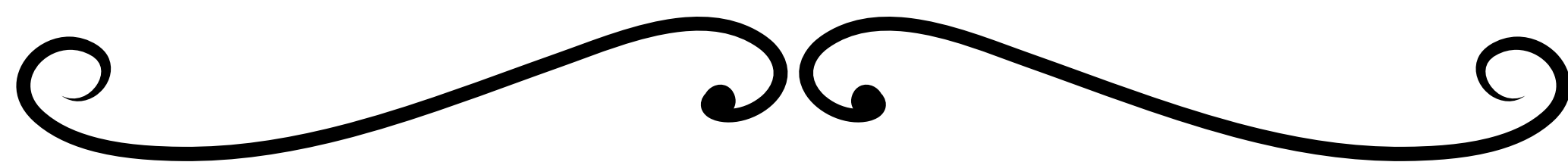
Discussion: Join us for a deliciously informative session about the art of meal prepping! Practice planning meals, learn some strategies for staying on track, and take note of valuable tips and tricks to make the process easier.



Email your name, phone number and food order to office@mowih.org, or call (908) 284-0735 to register.

Registration is required by 12 PM May 14th.

Seating is limited.



*When you RSVP, let us know if you'd like to have a light lunch
(suggested donation of \$5.50 per meal)
or if you would prefer to just come and learn!*

Sponsored by Hunterdon County Division of Senior Disabilities & Veteran Services and Meals on Wheels of Hunterdon County, Inc. Partially funded by the "Older American Act". Program is for residents of Hunterdon County that are 60 years or older.