

# Weekly Healthy Meal Prep for Lunches on the Go

Are you tired of spending extra \$\$ on food-to-go that really isn't very good for your body? Come prepare a week's lunch kit and sample the goodies with like-minded new friends. We'll aim to get the best nutrition without spending more than needed or creating more wasted packaging for our nearby landfill.



Instructor: Charolett Knapic  
Owner of Echo Landscapes  
and Beautiful Day Cafe

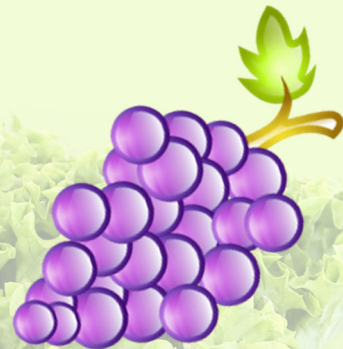
Location: Beautiful Day Café—2516 E. Central Ave, Wichita KS  
10/4 (Monday)

6-8pm

Cost: \$49



WSU SOUTH and WSU HAYSVILLE



For more information and to register online, please visit...

<https://www.wichita.edu/academics/communityeducation/communityeducation.php>

Face masks and 6-feet social distancing is not required but respected

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