

Healthy Meals for Busy Families

Presented by: Shannon Carter
OSU Extension Family & Consumer Sciences Educator



Most folks either enjoy meal planning or dread it, but for busy families it is a must. Come explore ideas on how to save time and money at the grocery store while incorporating good nutrition and variety into your meal plans.

**Wednesday, May 24
6-7 P.M.**

**PROGRAM
IS FREE!**

Program location...
Keller Market House
134 S. Columbus Street
Lancaster, Ohio 43130

For more information, contact:
Shannon Carter at 740.652.7270 carter.413@osu.edu
or Brad Grywalski at 740.277.6305 manager@kellermarkethouse.com



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity

Ohio State University Extension
Fairfield County
831 College Avenue, Suite D
Lancaster OH 43130-1081
Phone: 740-652-7260
Fax: 740-687-7010