

## Yum! Meal Preparation

In this interactive session, participants will:

- View a demonstration on preparing nutrition-packed plant based dishes.
- Understand the nutritional content of the plant based recipes.
- Create a plan to incorporate more plant based dishes in your own life.

## Plant Based Lunch Recipes: Virtual Demonstration

**When:** Tuesday, May 18, 2021  
12:00 PM to 1:00 PM

**To join webinar:** Copy and paste the entire link provided into your browser:

<https://kponline.webex.com/kponline/k2/j.php?MTID=ta239adc25c878a4621510ecdfe5f4e6a>

- Log on 5 minutes before Workshop start time
- Click the "Join as a participant" link
- When the "Join Session Now" Prompt box appears:
  - Enter your name and email address.
  - Enter the session password: Thrive123
- Follow the instructions that appear on your screen

**Facilitated by:** Harpreet Boparai, MPH, MCHES<sup>®</sup>

**Event contact:** HR Benefits, [hrbenefits@sanjoseca.gov](mailto:hrbenefits@sanjoseca.gov)

**All employees are welcome! No cooking supplies or ingredients are required to participate.**