

# Building a Healthy Plate

Thursday, April 14, 2022 at 3:30 PM

## A Virtual MyPlate Workshop for Youth

### Participants will learn:

- MyPlate good groups
- Tips for healthy eating
- How to identify foods high in added sugars, salt, and solid fats



Attend Zoom session  
using the link or QR code  
below

<https://tinyurl.com/ywsbypj3>

