

# FEED THE FAMILY EFFICIENTLY

AT THE LA JOLLA/RIFORD LIBRARY

Saturday, January 18th 2-3pm

in The Seminar Room

Quick, easy, healthy, budget-friendly meal tips

RSVP here for an email reminder



Hosted by

Dr. Jennifer Wall

Kitchen Coach

PhD, Nutritional Sciences

Mom of two

 @thesneakybeanblog

[www.sneakybean.com](http://www.sneakybean.com)