Thank you for joining us for the *Nutrition For Busy People* virtual class.

If you have not already done so, please fill out an evaluation so that we can continue to improve our services: <https://www.surveymonkey.com/r/TSDP8RW>

Attached are five (5) documents which contain the following:

* The slides for today’s class
* Quick, easy, and healthy meal ideas
* How to balance a meal and how to make-over a recipe into a healthier version
* Tips for restaurants and eating away from home
* A list of websites and smartphone apps that you may find helpful

Thank you for your participation in this class. We look forward to working with you again.