

Visit Our Pop-In Wellness Booth

Location: Zeidler Municipal Building – Fishbowl

- **July:** Monday, July 20 | 9 a.m.-11 a.m.
- **August:** Wednesday, August 5 | 11 a.m.-1 p.m.
- **September:** Thursday, September 10 | 1 p.m.-3 p.m.

Meal Planning

Want to make mealtime easier, healthier and less stressful? Stop by and learn how to build simple, balanced meals using “macros” — carbohydrates, protein, fruits, vegetables and healthy fats.

You'll see real examples using food labels, food models and everyday products to help you understand what each macro looks like and why it matters. We'll show you how to combine these “building blocks” to create healthy, satisfying meals — just like putting together pieces of a puzzle.

You'll also:

- Practice planning 2–3 meals per week using simple food combinations
- Learn the “cook once, eat twice” approach to save time
- Discover how to create semi-homemade meals that are nutritious, tasty and ready in 30 minutes or less

Come ready to ask questions, share ideas and leave with practical tips you can use right away!

RSVP to let us know you're coming! Log into the wellness portal and locate the “Healthy Rewards Program” at www.workforcehealth.org/cityofmilwaukee.

Healthy Reward Points: Earn 5 Healthy Reward points for each booth. Be sure to sign in with the health coach at each booth to receive your healthy rewards points.



Questions? Contact Workforce Health
at **414-777-3410**.
Monday-Friday: 7:30 a.m.-4:30 p.m.



Workforce Health