

# Kids CAN Cook: Lunch and So Much More

December 2020



# Housekeeping Notes

- You will be automatically muted when you enter the webinar to alleviate outside noise and disruption.
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- When the Q&A portion begins, please type your question in the chat box.
- This webinar will last for approximately 30-45 minutes.



# Lynn Dugan, MS, RDN

## MyPlate2Yours, LLC

She translates the science of nutrition to a practical application in the kitchen. As a mother of four, she understands that life is busy and feeding a family with good nutrition can be a challenge. To help make healthy eating a reality, Lynn conducts cooking classes and authors a blog at [www.myplate2yours.com](http://www.myplate2yours.com). In addition to Lynn's blog, she can be found on Twitter @myplate2urs, and as myplate2yours on Instagram, Pinterest, and Facebook.

Lynn is a registered and licensed dietitian/nutritionist and holds a Master's degree in exercise physiology. She is an Adjunct Faculty Member in Nutrition at Benedictine University in Lisle, Illinois. Lynn has authored numerous professional publications. She recently published her first book for consumers: Not Your Mama's Kitchen: The Essential Guide to Get Yours Started.

Lynn is currently an active volunteer in her community. She serves on the Glenbard High School District 87 Wellness Committee. She also teaches nutrition in a local elementary school's after school program.

Lynn enjoys running, biking, hiking and cooking.



# Polling Question

After a full day of eating, what percentage of the foods you eat should be fruits and vegetables?

- 10%
- 25%
- 50%
- 75%

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After a full day of eating, what percentage of the foods you eat should be fruits and vegetables?

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- 75%

# Questions & Discussion



# Future Webinar Schedule

Celebrate Healthy: Holiday  
Choices that Keep You Well

Tuesday, December 15

@ 11:30am

Click [here](#) to register for  
FREE.



# Check Us Out or Contact Us

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