

Meal Prep is Here!

Healthy Meals to help with transformation



Starting next week meal prep services will be provided for 2 people each week, 2 meals lunch and dinner, 2 snacks (each), food options will be available for those that week to choose from.

***Offered by Nisqually Health, Fitness, & Nutrition Program.
CONTACT KAREEM GANNIE AT 360-455-5213 ext. 1275***