

Cooking more than ever and with unfamiliar ingredients? We can help!

dr. yum's virtual guide to healthy eating

FREE for families to gain information and inspiration on involving the whole family in planning meals and cooking at home

- 1 weekly Facebook Lives, YouTube videos & blog posts
 - 2 "Meal-o-Matic" Cook Together Nights with the DYP team on Zoom
 - 3 easy, healthy, budget-friendly recipes
 - 4 create a customized recipe using ingredients you have on hand with Meal-O-Matic. Reduces food waste too!
 - 5 instructional videos with chef joy crump
 - 6 baby food webinar for early eaters
- + more being added!!



dr.yumproject eat well. change your world.

DoctorYum.org