

Budget Meals with Alexa Billy, RD, LD



This budget-friendly cooking class is designed for individuals seeking to improve their nutrition while managing food costs during their cancer journey. Participants will learn how to prepare simple, affordable meals using wholesome, nutrient-dense ingredients that support overall health and well-being. The class emphasizes practical skills such as meal planning, smart grocery shopping, and stretching ingredients to create multiple balanced meals. With easy-to-follow recipes and a focus on accessibility, this course helps participants build sustainable, healthy eating habits without breaking the budget.



When: Thursday, June 18 from 1:00 - 2:00 p.m.

Where: Virtual via Zoom

Registration: Scan the QR code or visit
www.legacyhealth.org/cancerclasses



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