

# Pack It Up: Meal Prep for Busy Fall Schedules



**Wednesday, August 26, 2026**

**1:00– 1:30 p.m.**

**Attend this FREE webinar from your computer, tablet, or smartphone!**

Back to school means busy mornings and packed schedules. This cooking demo features simple, nutritious meals that work beautifully as school box lunches while being satisfying and delicious for adults too. Learn easy prep strategies that save time and keep everyone fueled and happy throughout the week.

**No need to register in advance.**

**Classes are open to everyone at no charge. Access classes at [this link](https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars) or <https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars>**

**This webinar is free and open to all.**

By opening this zoom meeting/link, you agree that this meeting is being sponsored by Harvard Pilgrim Health Care, Inc. and/or its Affiliates (“Harvard Pilgrim”), Harvard Pilgrim shall not at any time or to any extent whatsoever be liable, responsible or in any way accountable for any loss, injury, or damage to be suffered or sustained by any person at any time in connection with or as a result of this class. I hereby release Harvard Pilgrim, its affiliates, subsidiaries, divisions, directors and employees from any and all legal claims arising out of, in connection with or in any way related to my participation in this class.