

# Do you want to travel back in time?

YOU CAN BRING YOUR FAMILY BACK TO A SIMPLER, MORE PEACEFUL TIME WITH ONE BASIC THING: REGULAR FAMILY DINNERS. THINK IT'S IMPOSSIBLE TO MAKE HOME-COOKED MEALS AND GET THE FAMILY TO EAT TOGETHER? IT'S NOT! AND JESSICA BARNA CAN TEACH YOU HOW TO DO IT. FOR FREE!

JESSICA HAS SPOKEN TO MANY GROUPS ABOUT FAMILY DINNERS AND MEAL PLANNING. SHARING HER KNOWLEDGE WITH YOU IS HER PASSION! INVITE HER TO SPEAK TO YOUR GROUP IF YOUR MEMBERS:

- ◆ WANT TO BRING THEIR FAMILY CLOSER TOGETHER
- ◆ WANT TO KEEP THEIR KIDS SAFE AND HEALTHY
- ◆ WANT TO EAT HEALTHIER
- ◆ WANT TO SAVE MONEY ON FOOD COSTS

JESSICA SPEAKS ON THE FOLLOWING TOPICS:

1. WHY REGULAR FAMILY DINNERS ARE ESSENTIAL AND HOW TO MAKE THEM HAPPEN ON A REGULAR BASIS
2. HOW TO REACH FAMILY GOALS THROUGH MEAL PLANNING
3. SEASONAL TOPICS, SUCH AS A) BACK TO SCHOOL MEAL PLANNING AND B) HOLIDAY MEALS

Participation and Questions Welcome!



## About Jessica Barna

JESSICA BARNA IS A MEAL PLANNING CONSULTANT, SPEAKER, AUTHOR, AND THE FOUNDER OF KITCHENS RESOLVED. KITCHENS RESOLVED OFFERS KITCHEN ORGANIZING, MEAL PLANNING, AND RELATED SERVICES TO BUSY FAMILIES ALL OVER SAN DIEGO. JESSICA IS ALSO ON THE BOARD OF DIRECTORS OF THE NATIONAL ASSOCIATION OF PROFESSIONAL ORGANIZERS. HER GOAL IS TO SPARK A NATIONAL MOVEMENT OF FAMILIES BACK TO THE DINNER TABLE. TO THAT END, SHE RECENTLY RELEASED HER FIRST BOOK, MEET ME AT THE DINNER TABLE, A GUIDE AND WORKBOOK TO TEACH PEOPLE MEAL PLANNING.

INVITE HER TO SHARE HER PASSION WITH YOUR GROUP TODAY BY CALLING 619-272-2001!