

Mealswap

Families at your school are looking for other families to form mealswap groups. A Mealswap is when 3 families take turns cooking 1 weeknight each week. The complete meal is delivered warm at dinnertime! Many people find this to be easier, healthier, less expensive, and more delicious than trying to cook dinner each night.

Want to learn more about mealswapping? Visit www.eatasafamily.com for more info and some great stories from Pleasanton families... who Eat as a Family! If you are interested in participating, click the "Try a Mealswap Group" link and submit your information.

It's the latest way to get great, healthy meals, cook only ONCE during the week and be able to spend more time with your family!

Mealswapping was recently featured on CBS news. Check it out!
<http://cbs5.com/food/meal.sharing.family.2.1067994.html>

