HUNGRY for HEALTHY

COOK AND EAT HEALTHY WITH DEMOS FEATURING ORGANIC & VEGETARIAN INGREDIENTS. HOSTED BY REGISTERED DIETITIANS AND SHAS!

MONDAYS

DEMS FROM 2:00 TO 2:45 PM

HOSTS:
CHRISTINE MCNAMARA
HPS STAFF
STUDENT HEALTH ADVOCATES

OCT. 16
SWEET & SPICY SESAME NOODLES WITH SPINACH SALAD
HOST: CHRISTINE MCNAMARA (SHS DIETITIAN)

OCT. 23
SOUTHWEST TOFU SCRAMBLE
HOST: VIVIAN LAU

OCT. 30
PUMPKIN HUMMUS WITH BLACK BEAN CHIPS
HOST: SHAS

NOV. 6
TOFU STIR FRY
HOST: CHRISTINE MCNAMARA (SHS DIETITIAN)

NOV. 13
SPINACH FETA WRAP
HOST: SHAS

NOV. 20
MEAL PREP TACO BOWL
HOST: ZARAH RUBIO ZONE MANAGER