HUNGRY FOR HEALTHY
MONDAYS 12:00pm - 1:00pm

COOK AND EAT DELICIOUS, HEALTHY MEALS ON A BUDGET WITH OUR COOKING DEMOS. FREE SAMPLES PROVIDED AT THE END OF EACH DEMO.

WEEK 2 || OCT 8
One-Pot Enchilada Pasta
ZARAH RUBIO
THE ZONE PROGRAM MANAGER

WEEK 3 || OCT 15
Scrambled Chick Peas and Spinach Pitas
CHRISTINE MCNAMARA
SHS REGISTERED DIETITIAN

WEEK 4 || OCT 22
Fusilli Pasta
STUDENT HEALTH ADVOCATES

WEEK 5 || OCT 29
Quick Minestrone Soup
CHRISTINE MCNAMARA
SHS REGISTERED DIETITIAN

WEEK 6 || NOV 5
Spinach, Black Beans Cheesy Quesadilla
ERIN KUKURA
FITLIFE REGISTERED DIETITIAN

WEEK 8 || NOV 19
Broccolini, Chicken Sausage, and Orzo Skillet
ERIN KUKURA
FITLIFE REGISTERED DIETITIAN

WEEK 9 || NOV 26
Pumpkin Hummus
STUDENT HEALTH ADVOCATES
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