HUNGRY FOR HEALTHY
MONDAYS 11:30am - 12:30pm

COOK AND EAT HEALTHY WITH DEMOS FEATURING ORGANIC AND VEGETARIAN INGREDIENTS.
HOSTED BY REGISTERED DIETITIANS AND STUDENT HEALTH ADVOCATES!

WEEK 3 || JAN 22
Vegetarian White Chili
VIVIAN LAU - HPS ASSISTANT

WEEK 4 || JAN 29
Greek Tortellini Salad
STUDENT HEALTH ADVOCATES

WEEK 5 || FEB 5
Curried Chickpeas w/Spinach
CHRISTINE MCNAMARA - SHS DIETITIAN

WEEK 6 || FEB 12
Cheesy Broccoli Quinoa
STUDENT HEALTH ADVOCATES

WEEK 8 || FEB 26
Spinach-Chive Pesto Pasta
VIVIAN LAU - HPS ASSISTANT

WEEK 9 || MAR 5
Veggie & Tofu Soba Noodles
CHRISTINE MCNAMARA - SHS DIETITIAN