HUNGRY FOR HEALTHY
MONDAYS 12-1pm

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

WEEK 2 || JAN 14
Vegetarian Soyrizo con Papas
BRITANY ROSAITE
HDH REGISTERED DIETITIAN

WEEK 4 || JAN 28
Vegan Creamy Lasagna Soup
ZARAH RUBIO
ZONE PROGRAM MANAGER

WEEK 5 || FEB 04
5-Minute Vegetarian Chili and Rice
MIRIAM JIRARI TURNER
HDH WELLNESS DIETITIAN

WEEK 6 || FEB 11
Mexican Pinto Bean Salad
CHRISTINE MCNAMARA
SHS REGISTERED DIETITIAN

WEEK 8 || FEB 25
Avocado Tuna Salad
STUDENT HEALTH ADVOCATES

WEEK 9 || MAR 04
Vegan Yellow Thai Curry with Veggies
CHRISTINE MCNAMARA
SHS REGISTERED DIETITIAN