

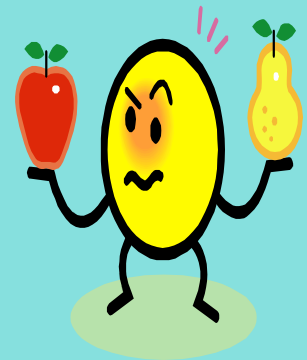
October Lunch 'N' Learn

Eat This- Not That!

Wed, Oct. 14 SFMC/2nd Floor NorthCare Bldg, Julie Penrose Auditorium

Thurs, Oct, 15 PH/E-Tower Basement Gala Room

Time: 12:05-12:35 p.m.



As the saying goes, “We are what we eat”. Every day we are faced with numerous food choices! Should I eat fresh or frozen veggies? Should I spend more for organic fruit? Should I eat natural granola or ice cream? Should I choose taco salad or a hamburger? Michelle Somers, RD will share how to understand the food label and compare food choices, which will give you skills to make food swaps.