

*Please join us for a Wellness@Work Lunch-and-Learn!*

# **FARM TO TABLE: HOW TO PREP, USE, STORE AND BENEFIT FROM SEASONAL PRODUCE**



Wednesday, March 22

Noon to 12:45 p.m.

Hargraves Recreation Center, 216 N. Roberson St.

The Wellness@Work Nutritionist will lead us in a hands-on cooking demonstration, as we learn:

- What's in Season?
- All About Cauliflower
- Cooking Demo and Taste Test: Garlic Mashed Cauliflower and Raw Cauliflower with Homemade Hummus

*Presenter: Avril Rowerdink, RD, LDN, Clinical Dietician*



### **Lunch will be provided!**

Please RSVP to Liska Lackey by 5 p.m. Monday, March 20, at [llackey@email.unc.edu](mailto:llackey@email.unc.edu) or 919-968-2796.



**wellness @work**  
UNC HEALTH CARE | FAMILY MEDICINE  
TOWN OF CHAPEL HILL

