

CALS Wellness and the Dietetics and Nutrition Club Present:
Nutrition-themed Lunch and Learns for Faculty, Staff and Students

Nutritionally Navigating the Holidays!

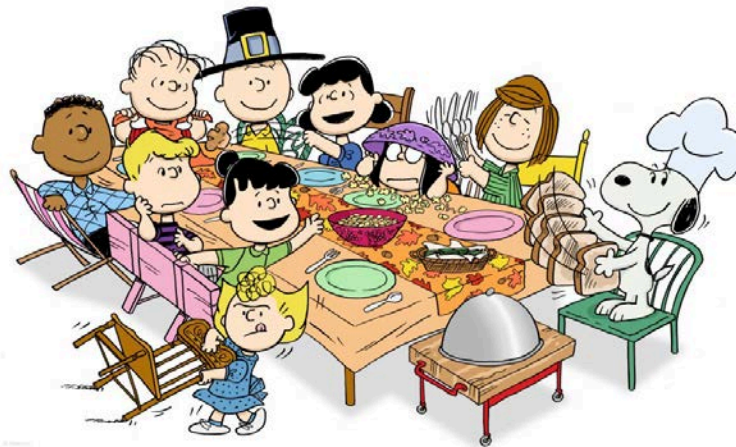
1:15pm – 2:15pm, Thursday, December 8th

227 Nutritional Sciences

(Snack will be served!)

The holidays can be a time of joy when we get together and celebrate with family and friends. But the holidays also bring a lot of challenges to healthy eating; from goodies at work or school, to meals where we are encouraged to “stuff” ourselves, to holiday parties, this time of year can be challenging to our health goals.

This Lunch and Learn is all about strategies to navigate the holidays in a healthful way. Learn ways to tweak your favorite holiday dish (we will have a recipe handout!), strategies to keep portions in check, and how to keep active during this busy time of year. As always we will serve a delicious, topic-related snack. Hope to see you there!



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Dietetics & Nutrition Club