

Lillis, Nicole

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Get Cooking with Strong4Life Dieticians

It's not always easy to prepare a healthy, home-cooked meal during the dinnertime crunch, but the Strong4Life dieticians are here to help. Join them this spring for cooking demos in the campus cafés, where they'll offer tips and tools for preparing 15- or 30-minute meals. In honor of Earth Day, they'll be incorporating plenty of whole grains and veggies in the month of April. Help celebrate and leave with delicious samples and new ideas for nutritious meals.

Healthy Cooking Demo dates:

- The Park: April 18 at 11:30 in Fountainside Café
- Egleson: May 1 at 12:15 in the Café
- Scottish Rite: May 1 at 12:00 in the Café

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