

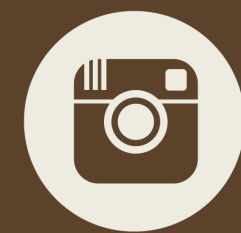
Nutrition With the Dietitian



*with Carolyn
Holland, R.D.*

Reach out to Carolyn at
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www.framingham.sodexomyway.com/health



Join Carolyn for Mindful Mondays and Wellness Wednesdays this semester!

March 2018

Go Further with Food! 3/5

Did you know March is National Nutrition Month? Learn how you can go further with food this March. Carolyn will have prizes and nutritious food samples to try!

Stretch Your Food Dollar 3/6 (1839 Room & UCook from 7:00-8:30 PM)

Ever wonder how you can use the stems and stalks of vegetables? Learn how you can use all of your veggies from stems to roots. You'll learn how to make your own hummus, grain salads, dressings, and sauces!

Got Greens? 3/19

Kale, Swiss Chard, Spinach, Collar Greens... the options for leafy greens are endless! Join Carolyn to learn all about leafy greens and use our Smoothie Bike to pedal your way to your own green smoothie.

Power Up With Breakfast 3/20 (1839 Room & UCook from 7:00-8:30 PM)

Breakfast is the most important meal of the day. Learn why breakfast is so important, how you can incorporate breakfast into your diet, and make your own overnight oats to go!

Snack Attack 2/26

Snacks are an important part of a balanced diet. Join Carolyn to learn about the importance of snacking and how you can make a healthy snack. You'll even get to make your own granola bar!

Sustainability Fair 3/27

Join FSU's own nutrition students as they present Sustainability Day. Learn about relevant food topics, partake in interactive games, and taste delicious recipes!