

COME LEARN MORE
ABOUT THE BENEFITS OF
A NUTRITIONAL MEAL
AND LEARN HOW TO
MAKE AN EASY MEAL!

LUNCH AND LEARN



ON THE MENU:

BREAKFAST SANDWICH ON AN ENGLISH
MUFFIN; LEARN ABOUT ULTRA PROCESSED
FOODS AND HOW TO MAKE SIMPLE
SWITCHES

WHEN: SEPTEMBER 10TH 11:30-12:30

WHERE: ESSENTIAL NEEDS PANTRY
(BASEMENT OF THE LODGE)