

# Eat This, Not That!

Workshop for Faculty, Staff and Students - Demo, Tasting and Discussion

## In this cooking demo, tasting and discussion:

- ▶ Learn basic changes you can make to improve your nutrition.
- ▶ Take away some simple recipes you can use to implement those changes.
- ▶ Understand the importance of eating fresh whole foods instead of processed foods.
- ▶ Bust some of your 'nutrition myths'.

## Meet the Instructors



**Chartwells**  
Campus Executive Chef  
Kevin Werner



**UMBC**  
Biological Sciences Professor  
Dr. Sarah Leupen

**Friday June 7, 2013**

**University Center Room 312**  
**10:00 am - 11:30 am**

**Register on the web by May 30<sup>th</sup> at [www.umbc.edu/training](http://www.umbc.edu/training)**

Spaces are limited and pre-registration is required.



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