



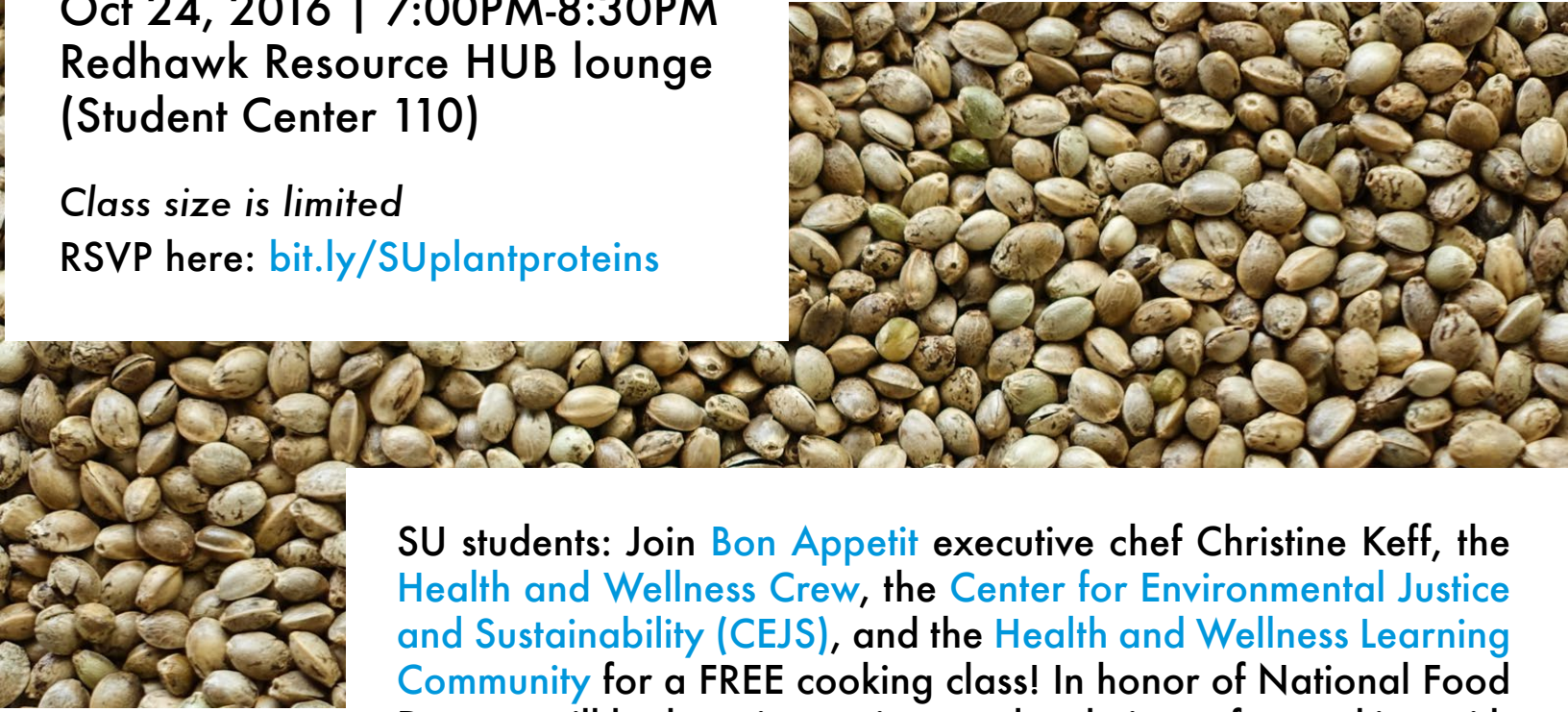
FOOD DAY

*Plant-based Protein Cooking
Class for SU students*

Oct 24, 2016 | 7:00PM-8:30PM
Redhawk Resource HUB lounge
(Student Center 110)

Class size is limited

RSVP here: bit.ly/SUplantproteins



SU students: Join [Bon Appetit](#) executive chef Christine Keff, the [Health and Wellness Crew](#), the [Center for Environmental Justice and Sustainability \(CEJS\)](#), and the [Health and Wellness Learning Community](#) for a FREE cooking class! In honor of National Food Day we will be learning recipes and techniques for cooking with plant-based proteins like beans, tofu, nuts, and whole grains. These are nutritional powerhouses with a much smaller footprint than meat. While we enjoy Chef Keff's dishes, we'll learn about the nutritional value of plant-based proteins and how we can make dietary choices that are gentle on the planet.

