

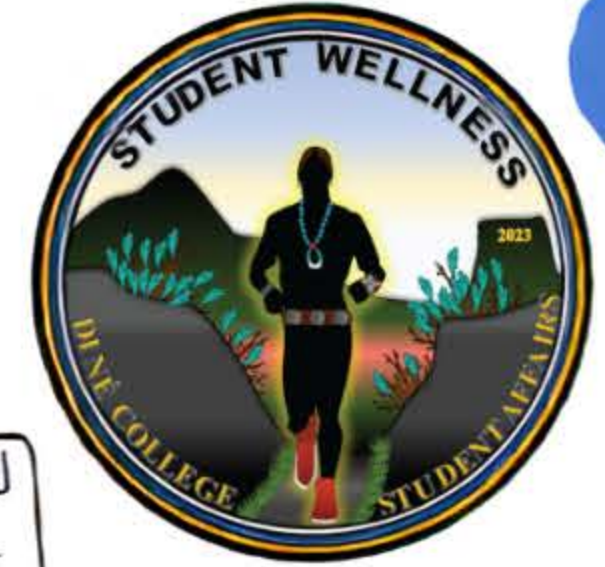


Bi-Weekly



FOOD DEMO THURSDAY

STUDENT WELLNESS CENTER | 3PM - 4 PM



Aug 27



Baked Tortilla Chips

SEPT 10



Baked Tofu

Sept 24



Ranch Dip

OCT 8



Wontons



OCT 22



Zucchini Stir Fry

NOV 5



Three Sisters Soup

NOV 19



Cowboy Salad

DEC 03



Veggie Quesadillas

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For recipes visit: foodhero.org/healthy-recipes

SCAN ME!



DC_STUENGLEAD

EAT WELL

LIVE WELL