

COOKING UP HEALTH

A FARE Neighborhoods™
Workshop Series



FREE
Virtual Workshop

Color-Full Ways to Eat

February 28, 7 – 8PM (ET)

Are you looking to add some color and creativity to your meals? Join Chef Tessa Nguyen, R.D., as she takes you through the basics of healthy eating then rolls those learnings into a cooking demo featuring rice paper rolls, egg rolls, and pinwheel sandwiches. Worried about allergies or dietary restrictions? Substitutions for common allergens are covered.

Chance
to Win a
\$100
Gift Card

SIGN UP AT

<https://tinyurl.com/color-full>

or point your mobile
device camera here.



Invite your friends to increase
your chances of winning more
gift cards.

Can't attend the live event?
Register to receive a link to
the recording.



Questions?

Email healthequity@foodallergy.org
or call 703.563.3068



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