

TALK FOOD WITH US

Conversations about Food with the
UHS Nutrition Outreach Workers

About Talk Food With Us

Join the student Nutrition Outreach Workers (NOW) for a conversation about all things food.

Each week the NOWs will serve up an appetizer of info, then dig into a main course of interactive discussion. Your questions and ideas are the icing on the cake!



UHS NOW Team

Dates & Topics

Each event is available virtually via Zoom and takes place on a Wednesday at 4pm.

Feb 10 - Myth Busters

Feb 17 - How to Stick to Your Food Budget

Feb 24 - Health at Every Size

Mar 3 - Superstar Foods

Mar 10 - Simple Student-Friendly Recipes

Mar 17 - Mindful Eating

Register for the Zoom Link at tinyurl.com/TalkFood2021