

Lunch n' Learn!

"No Lunch? No Problem!"



Come to a Lunch n' Learn session and learn how to easily add fruits and veggies into your meals.

Learn quick tips and tricks to cook on a budget and rid your fridge from food waste!

Please print out your favourite recipe and bring it to the session.

Bring tupperware and a reusable mug for leftovers.

Lunch will be provided to registered participants.



DATE: FRIDAY NOVEMBER 8TH, 2019

TIME: 12:00-1:00 PM

GRYPHON LOUNGE, ROOM 131



University of Guelph

Wellness
@Work