Interested in learning more about nutrition and healthy tips and tricks?

Come join Shana Griffin, Registered Dietician at ShopRite for a nutrition seminar on

**Vegetarian Meals**

- Quick and healthy meatless recipes for a busy schedule
- Differences between vegan and vegetarian foods
- Vegetarian substitutions and product ideas
  - ShopRite goodie bag raffle!

**Wednesday, February 24th from 2:00-3:00pm**

**KF Room – Mortensen Library**