

RECIPES FOR ALL SEASONS

Live Virtual Healthy Cooking Demos

VIA WEBEX
12 - 12:30PM

Educational sessions of plant-based recipes brought to you seasonally by Heather Wolfe*

Join us for one or all sessions this fall

July 11
Build-Your-Own
Grain Bowl

Celebrate summer with a custom grain bowl made to taste based on your preferences, what you have on hand and what's seasonally growing in the garden/available at the market.

September 13
Vegetarian Corn
Chowder

Embrace autumn with a hearty bowl of vegetarian corn chowder chock full of freshness that celebrates the harvest season.

November 15
Harvest Bars

Cozy into "stick" season with this nourishing recipe for a wholesome breakfast/snack/dessert bar baked with tastes (pumpkin, cranberry, nuts) of this transitional time between fall and winter.

*The Lifestyle Improvement Program's Registered Dietitian Nutritionist, cookbook author and Nationally Board Certified Health & Wellness Coach

Register by visiting the Dartmouth Health events or scan the QR code below
[Office of Employee Wellbeing Events | Dartmouth Health Events](#)



Questions?

Contact LifestyleImprovement@hitchcock.org or call (603) 650-5950



WELLBEING