9-A-DAY
THE EASY WAY

Thursday, August 29
12:10 - 1 p.m.
Hoagland Hall
Room 130

Did you know that adults should aim for 9 (or more) servings of fruits and vegetables per day?

Join us to learn what counts as a serving and walk away with new ideas for how to get more fruits and vegetables into your day. Learn a few preparation tips and explore fun recipes - healthier eating might just be one recipe away!

Join us in-person or online
SIGN UP surveymonkey.com/r/9aDay2019

Presented by Evelyn Miller, M.A.S., R.D., I.B.C.L.C.

Questions?
(530) 752-6106
wellbeing@ucdavis.edu