Plant-Powered
A beginner's guide to plant-based nutrition

Wednesday, May 29  •  Noon - 1 p.m.  •  142 Asmundson Hall

Learn about making delicious, nutritious meals without animal products and how plant-based meals can help improve both your health and the environment.

Experienced vegan and clinical nutrition student, Rebekah Shulman, will explain the components of a whole-food, plant-based diet, building a balanced meal, and strategies to incorporate more plant-based foods into your diet.

Sign up surveymonkey.com/r/planteating

Questions?
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