

The poster features a top-down view of various fresh ingredients on a wooden surface. On the left, there are several heads of garlic, some whole and some with individual cloves separated. Below the garlic are several walnuts and a bundle of cinnamon sticks tied with twine. In the bottom left corner, a large wooden spoon is visible. On the right side, there are several bright red cherry tomatoes on the vine, a bunch of fresh green parsley, a single orange carrot, and a white parsnip. The central text is overlaid on a white rectangular background.

SALUTE

YOUR HEALTH

LECTURE SERIES

Healthy Cooking

with Chef Sandra Luthringer, RD

January 23, Noon to 1pm

Conference Room 3, 2nd Floor

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