

CLASSIC CRAVINGS CLEANER EATS

OPTIONS FOR SATISFYING SNACKS **WITHOUT GUILT**

WEDNESDAY APRIL 30TH

12:15-1:30

LOCATION: STUDENT UNION 304



What to Expect

- Tips on simple ingredient swaps for mindful eating.
- Healthier versions of your favorite snacks; recipes and tastings included!
- Snacks and refreshments provided (Kosher options)
- Cookbook raffles!



A collaborative event between the
QC Wellness Society and QC Dietetics Club

