

'Mending the Disconnect with Food' presents it's 4th workshop in it's "Food is Medicine" Series

Eat This, Not That!

Explore alternatives to some of our favorite fast snack and meal go-tos that will keep you satisfied and in control of making REAL changes in nourishing your family. In this workshop, we will:

- Learn about the concept of reducing highly processed foods and why these diets are making us sick***
- Learn simple food swaps we can make while shopping to maximize nutrient dense foods***
- Work in small groups to learn about why some of our favorite and popular "healthy" brands are not as healthy as we think and explore alternatives for our families***
- Leave feeling empowered to take action at home in making immediate changes***
- Get to try out some alternatives!***

Tuesday, May 27
5:30 to 7:30
at Oneida Cannery

Registration is limited to 10 participants, adults only. To register for this FREE event, email Belinda @ bmcleste@oneidanation.org or call 869-4576

