



# National Nutrition Month Cooking Demonstrations

*With Chef Jenny*  
**Schedule of Events:**

## **No Bake Energy Bites**

Date: Thursday March 14  
Time: 10:30

## **Edamame Guacamole w/ Veggies**

Date: Thursday March 21  
Time: 2:30

## **Build Your Own Trail Mix**

Date: Thursday March 28  
Time: 10:30

All Cooking Demonstrations will be held in The Bistro.  
Seating is limited, please arrive on time to reserve your seat.