



2021



Plant-based Nutrition & Cooking *Virtual* Series

A virtual series of six classes on Wednesdays from 5:30-6:30 pm using the Zoom platform.

- **May 26: *Basics to Plant-based Eating***
- **June 23: *Focus on Protein***
- **July 21: *Plant-based Breakfasts***
- **August 11: *Plant-based Lunches***
- **Sept. 1: *Plant-based Dinners***
- **Sept. 29: *Unique Plant-based Foods***

Fee: \$10 for access to all six classes

**All participants will receive a grocery list prior to each class to allow for you to cook alongside instructors in your own home.*

Register online using the link below or by calling the Canyon County Extension Office at (208) 459-6003.

<https://www.eventbrite.com/e/plant-based-nutrition-cooking-virtual-series-tickets-143934843993>

The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws.

Anyone attending this program that requires auxiliary aids or services should contact Jackie Amende at 208-459-6003 or jamende@uidaho.edu at least two weeks prior to the event.

