The URI Work-Life Brown Bag Lunch Series

Healthy Eating on the Go

Our fast paced work culture has taken its toll on healthy eating and family meals. It’s easier than you think to make better food choices at home, school, restaurants, and in the work place. Come hear about how to avoid the fast-food fix and keep everyone happy and healthy!

April 24, 2008
12:30 - 1:30 PM
Thomson Boardroom, Ballentine Hall

Featured Speaker:
Nancy Fey-Yensan, PhD, RD, Associate Dean, College of Human Science and Services and Professor, Nutrition and Food Sciences
URI College of the Environment and Life Sciences

Bring your lunch, chat, and take home URI Nutrition Professors’ picks of the best, most credible nutrition resources, tip sheets and some healthy recipes developed right here at URI!