



Healthy Food Habits Workshops

Dates and recipes

Brownsville Campus

September 4 12:30-1:30 p.m.	Cavalry Common Area	Dump & Bake Taco Casserole
October 2 12:30-1:30 p.m.	Cavalry Common Area	Blueberry Smoothie
November 6 12:30-1:30 p.m.	Cavalry Common Area	Avocado Chicken Salad

Edinburg Campus

September 11 12:30-1:30 p.m.	Cenizo Room	Dump & Bake Taco Casserole
October 9 12:30-1:30 p.m.	Cenizo Room	Blueberry Smoothie
November 20 12:30-1:30 p.m.	Cenizo Room	Avocado Chicken Salad

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