

SALAD IN A JAR PARTY

Thursday July 18th 12 Noon – 1:30 PM



Speaker: Nicole Scott

Join us over the lunch hour as Nicole Scott teaches us how to make 5 salad in a jar each. This is a true inspiring healthy community event teaching us how simple whole food eating can be on the go. What to bring? 5 Mason Jars. Pick 2 ingredients that you will bring to contribute to the food buffet and make sure you bring enough for everyone. Bring your big dish of veggies plus a serving spoon. (Once we confirm how many people ie. 10 people x 5 jars = 50 servings of your ingredients to cover off everyone's jar.. so 1 cut up cucumber won't work lol). We want them to be plant based items please: Protein/Grain ideas: nuts/seeds/quinoa/beans/chickpeas/Brown rice Veggies: All types cut up in bit size . Once you confirm your 2 ingredients we don't want others to duplicate so 1st to announce your 2 ingredients those are your items. Looking forward to seeing our community out.

Host: UNG HQ at 92 Brock St. W., Uxbridge

\$11.30 UNG members; \$16.95 for non-members (salad lunch included)

Contact Annie Hardock at 905-852-6686 or e-mail unghq@uxbridge.com to register and confirm your 2 ingredients.