



SEPTEMBER 24TH 5-6PM
OR
SEPTEMBER 25TH 5-6PM
D2D EDUCATION SESSION

Seasonal Vegetables

We are happy to invite you to our first D2d education and support session! The topic for this session will be seasonal vegetables. We will go over information on the benefits of eating seasonally, when certain items are considered in season and where you can go to find recipes. We will be conducting cooking demonstrations and you will have the opportunity to sample the foods we make, as well as some foods that we have prepared ahead of time. We will have a registered dietitian available to answer any of your questions. We hope you will be able to attend!

*As a reminder you will not be compensated for participating in the session, however we will hold a raffle for those who decide to attend.

**Cooking
demonstrations!
Recipe Sampling!
Raffle for two tickets
to Sprint NASCAR
race October 5th!**

**4350 Shawnee
Mission Pkwy.
Fairway, KS 66205**

**3rd Floor
Demo Kitchen**

**Each participant is
welcome to bring 1
guest**

**Please RSVP by
September 19th
(email or phone)**

D2D STUDY

**913-588-6052
d2dstudy@kumc.edu**



www.d2dstudy.org