

The COM Faculty Senate

**Wellness** + **Sustainability** Committees invite you to



**EARTH WEEK**



## **COOKING DEMO & SAMPLER**

Celebrating the week of Earth Day with delicious,  
nutritious, vegetable forward meal.

**APRIL 25<sup>TH</sup> (THURSDAY)**

**RILAND CAFÉ**

**12:00PM – 1:00PM (stop by anytime)**

We'll be prepping and cooking a quinoa veggie stir fry and guacamole packed with protein, complex carbs, and tons of vitamins. Come join us to discuss and share sustainability and wellness ideas!

Check how your food choice affects the planet:



For inquiries: contact Dr. Andrea Coladner ([acoladne@nyit.edu](mailto:acoladne@nyit.edu)) for Wellness Committee;  
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