**UCR HIGHLANDER CHEFS**

**Winter Workshop Series**

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A PROGRAM SUPPORTED BY

**Global Food Initiative**
UNIVERSITY OF CALIFORNIA

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**HOMEGROWN MEALS | GLEN MOR MARKET**
**TUESDAY, JANUARY 23 | 5:00-6:30 PM**

Take a trip with us down the aisles of the Glen Mor Market. We will show you how to put together a hearty, wholesome meal with the produce and other items found at the on-campus market.

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**5 INGREDIENT RECIPES | GLEN MOR MARKET**
**TUESDAY, FEBRUARY 13 | 5:00-6:30 PM**

Want to learn how to cook healthy yet affordable meals all under 5 ingredients? Come out and join the Highlander Chefs as they teach you how to make elegant meals with minimal resources!

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**DORM ROOM DELIGHTS | HUB ROOM 302**
**TUESDAY, MARCH 6 | 5:00-6:30 PM**

Do you only have a microwave at your disposal? Have no fear, the highlander chefs are here to teach you how to make simple, but healthy dishes in minutes.
Our food choices—what we eat and what we put on our plates or toss away—influence our health and the health of our planet.

HIGHLANDER CHEFS
A UCR undergraduate-run organization, that's dedicated to informing students on the accessibility of preparing healthy and affordable meals. Contact: Dakota Salazar at dsala010@ucr.edu

GLOBAL FOOD INITIATIVE (GFI)
The UCR GFI Committee is addressing one of the most compelling issues of our time: how to sustainably and nutritiously feed a growing world population. Contact: Deborah Pagliaccia at deborahp@ucr.edu

UCR DINING, HOSPITALITY & RETAIL SERVICES
Welcome to a world of delicious, nutritious, sustainable & socially responsible dining. From the menus we plan to the ingredients we source, UCR Dining, Hospitality & Retail Services is working to change how UC Riverside eats. Contact: Karen Fiorenza at karen.fiorenza@ucr.edu

UCR HEALTHY CAMPUS
The UCR Healthy Campus Initiative is an integrated and comprehensive approach to elevate the health and well-being of UCR faculty, staff and students. Contact: Nicole Vargas at Nicole.vargas@ucr.edu

IN COLLABORATION WITH: