Let’s Do Lunch
Local Foods: Cheap and easy ways to eat closer to home

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Reed is a registered dietitian nutritionist who is a board certified specialist in obesity and weight management. He is also a NASM certified personal trainer. Reed leads the LifeSteps Weight Management classes offered by Employee Wellness throughout the year. He is also available for individual counseling and department presentations. Reed helps faculty and staff find sustainable approaches to lifestyle change across a variety of health goals, including weight loss, digestive issues, sports performance, and more.

Local Foods: Cheap and easy ways to eat closer to home
There are a lot of great reasons to try eating more local foods. They can help improve overall health, reduce environmental and climate impact, and even support the local economy. But often times, eating local can feel like it costs more and just takes too much time. But it doesn’t have to be that way! This presentation will review strategies to integrate more local foods into your day in a way that doesn’t break the bank or take over your schedule.

ZOOM WITH US
August 5th, 2021
12noon – 1pm
https://unm.zoom.us/j/91294297803
Passcode: Yum
Contact Joseph Lane jlane@unm.edu

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