



**The Culinary Medicine team from UVMMC and the Network Department of Sustainability invite you to join our live series of virtual cooking demonstrations and conversation on sustainable food and cooking.**

**Learn about incorporating fresh and local seasonal ingredients, cooking with what you have on hand, decreasing food waste and saving money.**

Add each session of this series to your calendar and use the QR code or meeting ID to join. All sessions are held from 12:00-12:30pm.

**Meeting ID:** 243 054 212 787

**Passcode:** 6ma7Nr7p

**Wednesday, May 14th**

**Wednesday, July 9th**

**Wednesday, September 10th**

**Wednesday, December 10th**

