

## LUNCH N' LEARNS

### HOW IT WORKS:

Looking for something to do during your lunch break? Grab some food and join FLIK's Registered Dietitian, Olivia Bubri MS, RDN, LD for a webinar. The sessions cover all things related to food from healthy eating to stocking/simplifying your pantry!

### LEARNING TYPE:

VIRTUAL

### PRICE:

\$375

### DURATION:

45 MINUTES



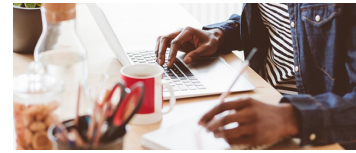
### NUTRITION 101: BUILD A HEALTHY PLATE

Healthy eating simplified! In this session we will go over the basics on how to build a healthy plate.



### STAY WELL FOOD & IMMUNE FUNCTION

In this session we will talk about foods to eat to support your immune system to help you stay well.



### SETTING GOALS: THE GOAL GETTER

Learn how to set achievable nutrition goals and tips and tricks to help you stay on track with your goals.



### INTUITIVE EATING: TIPS & BENEFITS

Discuss the basics of intuitive eating - covering the benefits, applications and actionable tips to use in your daily life.



### DIET CULTURE: DITCH THE DIET MINDSET

How to build a healthy relationship with food in place of the diet culture popular today.



### NUTRITIOUS KITCHEN: PRO PANTRY STOCKING

In this session we will learn the art of stocking and simplifying your pantry and refrigerator like a pro.