

Cooking for All Six

(Summer, Autumn, Stick, Winter, Mud, Spring)

Seasons

Live virtual cooking demos of plant-based recipes
brought to you seasonally by Heather Wolfe*

VIA WEBEX
12 - 12:30PM

Join us for one or all sessions.

January 8
Festive Foods for
Lunar New Year

Learn about traditional Lunar New Year foods associated with good luck, prosperity, health and happiness including recipes for longevity noodles and spring rolls.

March 12
Maple Baked
Beans

Sweeten mud season with a pot of maple baked beans. Join us to learn different spins on an old favorite plus bring your best bean jokes to share!

May 14
Spring Veggie
Strata

Welcome spring with strata, a delicious egg casserole we are going to layer with lots of seasonal veggies.

*The Lifestyle Improvement Program's Registered Dietitian Nutritionist, cookbook author and
Nationally Board Certified Health & Wellness Coach

Register by visiting the Dartmouth Health events or scan the QR code below
[Employee Wellness Events | Dartmouth Health Events](#)



Questions?

Contact LifestyleImprovement@hitchcock.org or call (603) 650-5950