

# NUTRITION CORNER AT THE FARMER'S MARKET



The First Tuesday of each month  
from April to October

10:30 AM

*Lenoir County Farmer's Market*  
located at 100 N. Heritage Street.

Come learn as the UNC Lenoir dietitian  
shares information on the health benefits  
of incorporating local produce into  
your meal plan.

No pre-registration required.



*Join the UNC Lenoir Dietitian  
at the Nutrition Corner*

**April 6th 10:30am**

**Strawberries Everywhere**

Learn the health benefits of strawberries  
and get healthy recipes

**May 4th 10:30am**

**Fiber is your Friend**

Find out which fruits and vegetables  
have the most fiber

**June 1st 10:30am**

**Rethink your Drink**

Finds ways to give your water a make over

**July 6th 10:30am**

**Eat the Rainbow**

Learn how colorful fruits and vegetables  
can boost your nutrition

**Aug 3rd 10:30am**

**Healthy School Lunches**

Learn how to incorporate fruits and vegetables  
into school lunches

**Sept 7th 10:30am**

**Go Green for your Health**

Learn the benefits of leafy green vegetables  
and get healthy recipes

**Oct 5th 10:30am**

**What is Winter Squash?**

Learn about winter squashes and get healthy recipes

