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OHIO STATE UNIVERSITY EXTENSION – LICKING COUNTY



The Dawes Arboretum

Nature and Nutrition

SUNDAY, JANUARY 17, 2021, 3:00 – 4:00 P.M.

Learn how plant-based and other foods can be the foundation of a healthy diet. The world of nutrition is confusing and always evolving, making it difficult to understand what is healthy. In this presentation, Shari Gallup, from the Ohio State University Extension, will share the real purpose behind eating, the nutrients needed by the body, and share easy, practical ideas on how and where to begin.

Location: Online

Cost: \$5.00 (member discount available)

Registration: <https://go.osu.edu/natureandnutrition>



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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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