

## HOW TO FOLLOW A SUSTAINABLE DIET

This workshop was developed by Consumer Reports as a part of their outreach program.

May 15<sup>th</sup> 7:00p - 9:00p

**F R E E!**

Join us for a beginners workshop in following and maintaining a sustainable diet. The class will supply a workbook to take home.

The speaker, **Roxanne Hayward** from Dallas, TX was trained and certified by Consumer Reports to give the workshop.

You'll learn:

- what a sustainable diet is and why it is important,
- what food labels mean,
- learn organic vs. conventional,
- how to tell if something is organic,
- and how to cut down on food waste in your home.

Please let Martha know (904 721-5977) that you're attending, and please, tell your friends. The workshop will be at

**Eden Revisited, 1909 University Blvd. S. #502  
Jacksonville, FL 32216**

**F R E E WORKSHOP**