



CFAES

Build a Better Summer Recipe

Join OSU Extension Educators to learn how you can build a “better” (healthier) recipe ahead of your summer gatherings and celebrations. You will learn about the Dietary Guidelines for Americans and how to make simple shifts to better meet the recommendations in your year-round cooking, eating, and celebrating. Recipes and tips will be shared for safely preparing healthy, easy, and tasty seasonal recipes.



May 22, 2024 • 12:00 p.m.– 1:00 p.m.

Register at go.osu.edu/may22 or scan the QR code to receive the Zoom link.

For more information, contact Jenny Lobb at lobb.3@osu.edu or 614-292-7775.



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EVENT SPONSOR: The Ohio Rural Health Association