



## *March* COOKING DEMONSTRATION

“Fermented Plant-Based Cheese Workshop: A Delicious, Zero-Cholesterol, Low-Saturated-Fat Cheese Option to Support a Healthy Mind”

Wednesday, March 25  
5 - 6:30 PM

At the Healthy Teaching Kitchen  
in the Roseburg Campus  
2589 NW Edenbower Blvd

RSVP to (541) 672-8533  
Press #2 for Roseburg  
Registration is Required

### Free Class

Join the *Ts'ámx Yuwáx Tamiínsii* (Healthy Living Team) in making your own plant-based cheese culture from scratch! You'll leave, ready to ferment a cashew-based cheese that is just as impressive to share as it is to enjoy. This nut-based cheese is just one way to improve the mind during Brain Health Awareness Month.

Food samples and recipes with each class!

## Meet our *ts'ámx yuwáx tamiínsii* (Healthy Living Team)

[ts'-AHM-x yoo-WAH-x dah-MEEN-see]



Claire Grubb, RD, LD



Peyton Rondeau, MS, RD



April Gilliom, ND