

# Cooking with AUNI

Engage. Educate. Empower.



**AGATSTON**  
URBAN NUTRITION  
INITIATIVE

**Sayre Health Center** 5800 Walnut St. (59<sup>th</sup> and Locust Entrance) **Tuesdays 4P-5P**

## EATING SMART BEING ACTIVE

**Lesson 1:** Label Reading – 11/1

**Lesson 2:** Fruits & Veggies – 11/8

**Lesson 3:** Whole Grains – 11/15

**Lesson 4:** Build Strong Bones – 11/22

**Lesson 5:** Protein – 11/29

## WHAT'S COOKING



**Lesson 1:** Fall Vegetable Curry

**Lesson 2:** Sweet Potato Corn Chili

**Lesson 3:** Brown Rice Porridge w/ Fruit & Almonds

**Lesson 4:** Mac & Cheese w/ Mustard Greens

**Lesson 5:** Barley Mushroom Burgers

The Agatston Urban Nutrition Initiative (AUNI) is a component of the University-Assisted Community Schools (UACS) program of the Netter Center for Community Partnerships at the University of Pennsylvania. AUNI engages, educates, and empowers youth, university students, and community members to promote healthy lifestyles and build a just and sustainable food system. AUNI workshops foster and sustain a collaborative, family environment where participants can share their own histories, experiences and thoughts/opinions freely and without judgment. For more information, contact: Michelle Faulkner, RD LDN at 215-573-2380.

Funded by the Pennsylvania (PA) Department of Public Welfare (DPW) through PA Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at [800-692-7462](tel:800-692-7462). This institution is an equal opportunity provider and employer.