CAMPUS Health NEWS

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Health and Nutrition Tip:

Brought to you by your Nutrition Navigators

Portion size is in your hands!

No matter where you are you can use your hands to determine portion size.

Palm: 3 ounces of meat, poultry or fish

Fist: 1 cup of rice, pasta, fruit or veggies

1 Handful: 1 ounce of nuts and raisins

2 Handfuls: 1 ounce of chips or popcorn

NOW THAT'S HANDY!

Think it's impossible to find healthy foods on campus?

THINK AGAIN!

Visit your

Nutrition Navigators

to find out where and how!

Monday, Tuesday, & Wednesday in the Ville Grill or make an appointment online at:

louisville.edu/healthpromotion

FARMER'S MARKET

Thursdays from 3:30pm-6:00pm

Located outside the Ville Grill

Stop by October 16th to celebrate

WORLD FOOD DAY

In support of Family Farming, Feeding the World & Caring for the Earth!

LOCAL

FARM TO TABLE DINNER

Friday, October 24th, 2014

Served at 7:00pm

A unique four-course menu, made from scratch by expert chefs using local, farm-fresh ingredients.

OUTSIDE THE VILLE GRILL
(heated tents for your comfort)

For more information & to make reservations:

https://uofl.sodexomyway.com/

SUSTAINABLE

VISIT THE VILLE GRILL OCT 20th from 11am-2pm

WEIGH the WASTE

Participate in

WEIGH THE WASTE

to help promote sustainability and measure how much food really goes to waste on our campus!

HEALTH PROMOTION
Learn More. Live Well.

Between the SAC and Houchens
P:502.852.5429
louisville.edu/healthpromotion

🐦 @HealthyCards

👍 UofL Health Promotion