



## **APRIL 18<sup>TH</sup> 2018 7-9PM** **SPRING CLEAN YOUR DIET:**

### **Fresh Spring Bowls That'll Fill You Up & Get You Moving!**

Cookbook author Fina Scropo and Registered Dietitian Filomena Vernace-Inserra bring you tasty meal ideas in bowls that will, well, bowl you over. From an herbed spring soup to a fresh layered salad to a quick skillet meal, we'll dive into meals that will fill you up and deliver on serious taste. You'll also learn to eat a "clean diet" with a focus on spring seasonal fare, no-fuss condiments and easy preparation methods.



## **LONGO'S**

**Weston Rd @  
Rutherford**

**9200 Weston Rd  
Vaughan**

**The Loft**

**Cooking Room**

**7-9pm**

**Register with  
Store Customer  
Service**

**905-850-6161**

**\$30 per person**

## **Fina Scropo**

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**&**

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