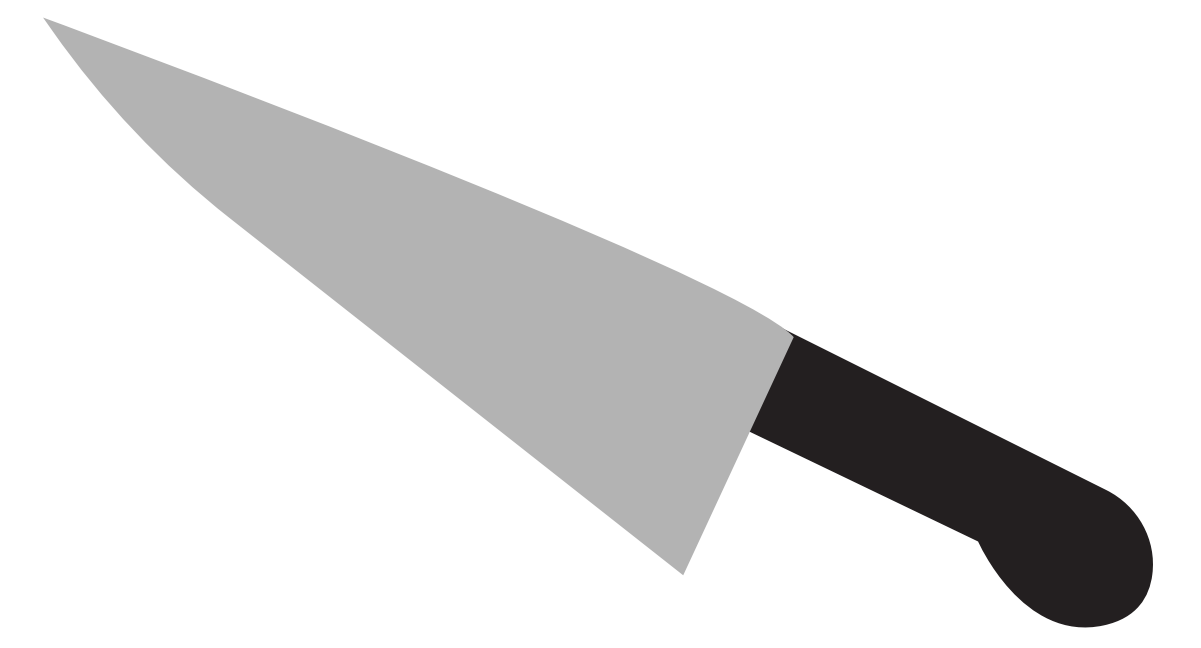
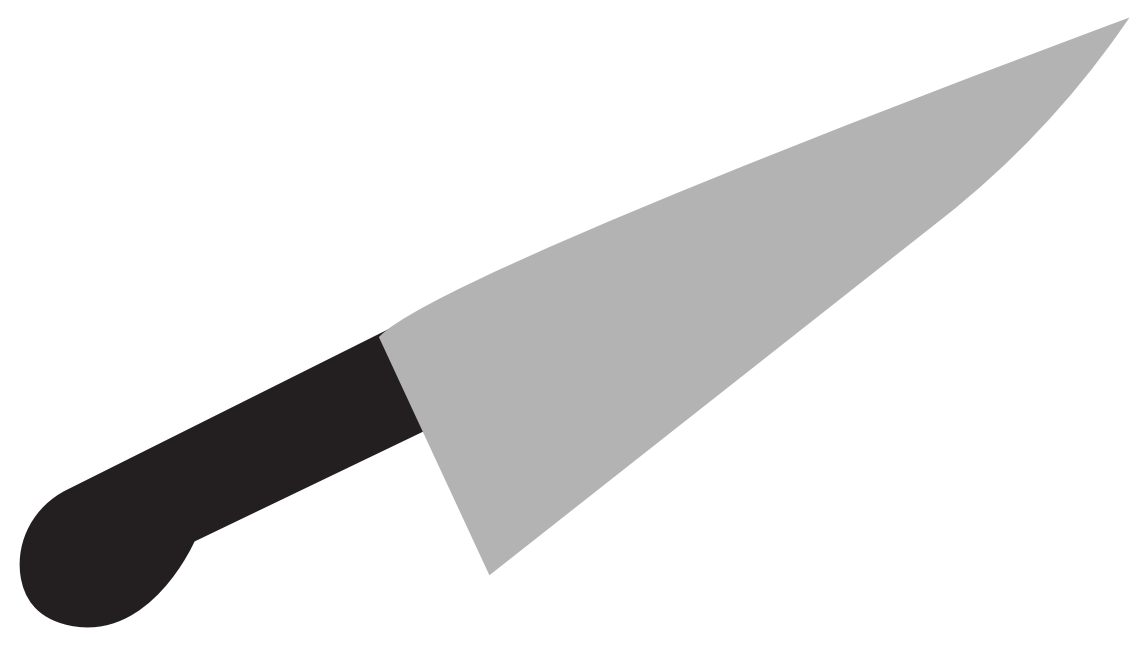


FALL COOKING

DEMOS



McAlister Kitchen from 3- 4:30 pm

Come join CofC Dining Services, the Office of Sustainability and the Sustainability Literacy Institute to learn how to prepare healthy, flavorful and affordable meals.

October 7

Pickling Workshop
with CofC Catering Chef Trey Dutton

October 17

Healthy Meals Ideas for Under \$10
with Registered Dietitian Nutritionist Emily Ackerberg

November 7

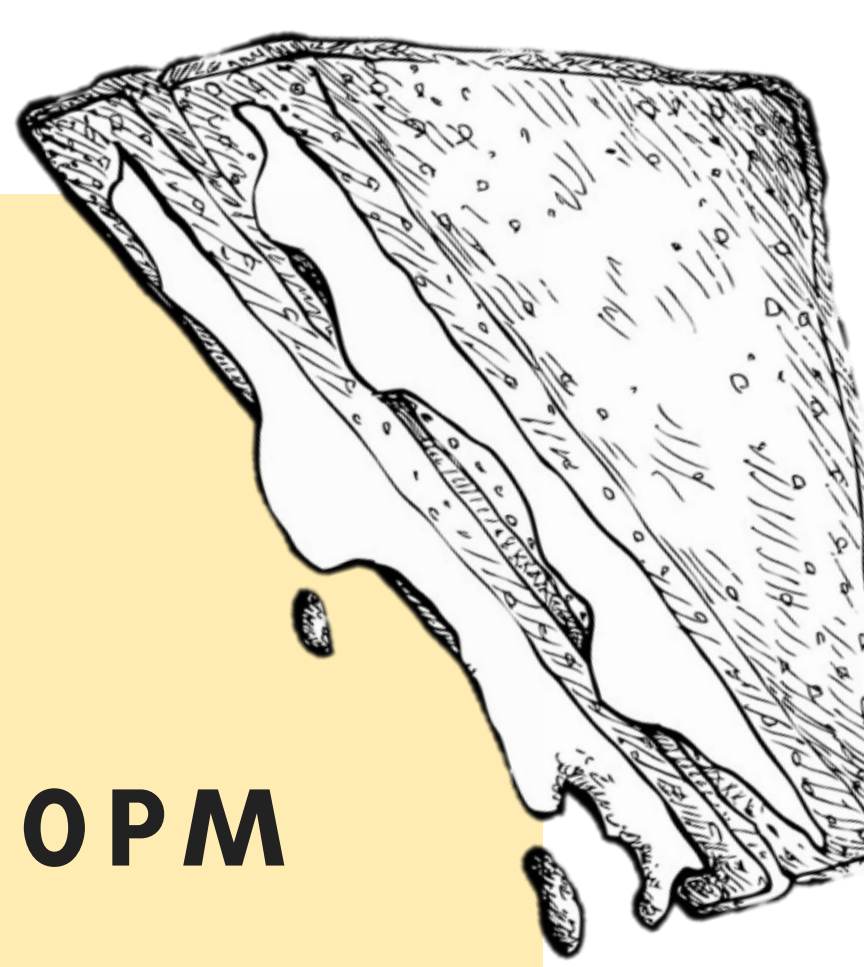
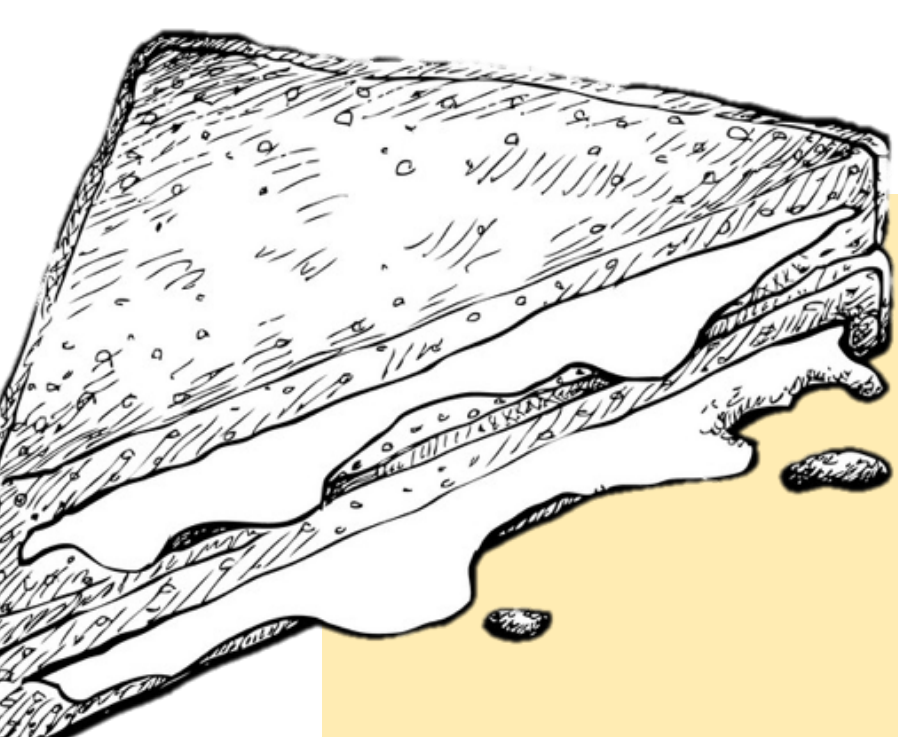
Gourmet Vegan Grill Cheese for under \$5
with Executive Chef Jason Sisson

November 21

Vegan Holiday Side Dishes
with CofC Catering Chef Trey Dutton

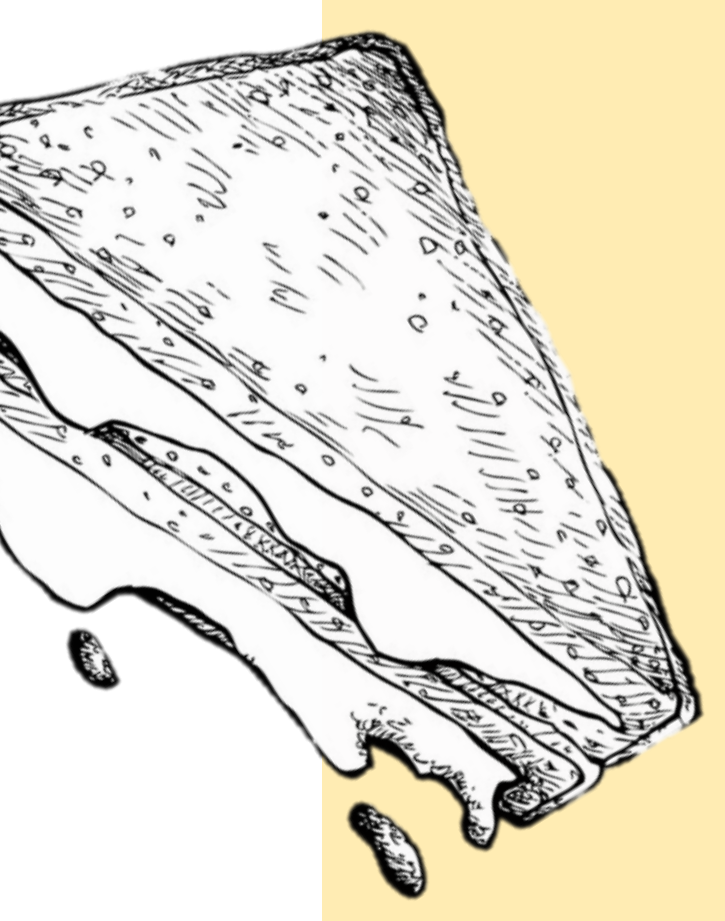
Sign up by visiting: <http://linktr.ee/cofccookingworkshops>





NOVEMBER 7, 2019 3:00PM-4:30PM

Gourmet and Vegan Grilled Cheese Workshop



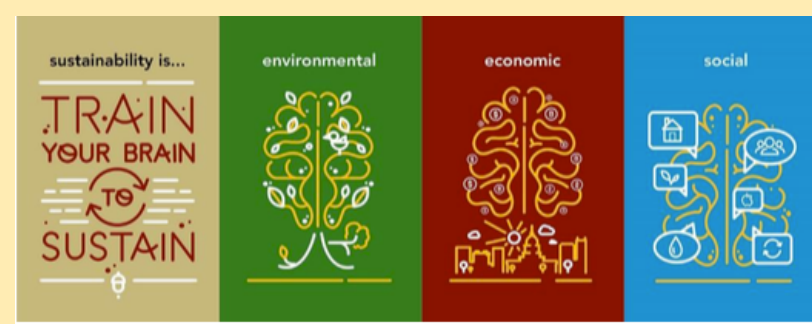
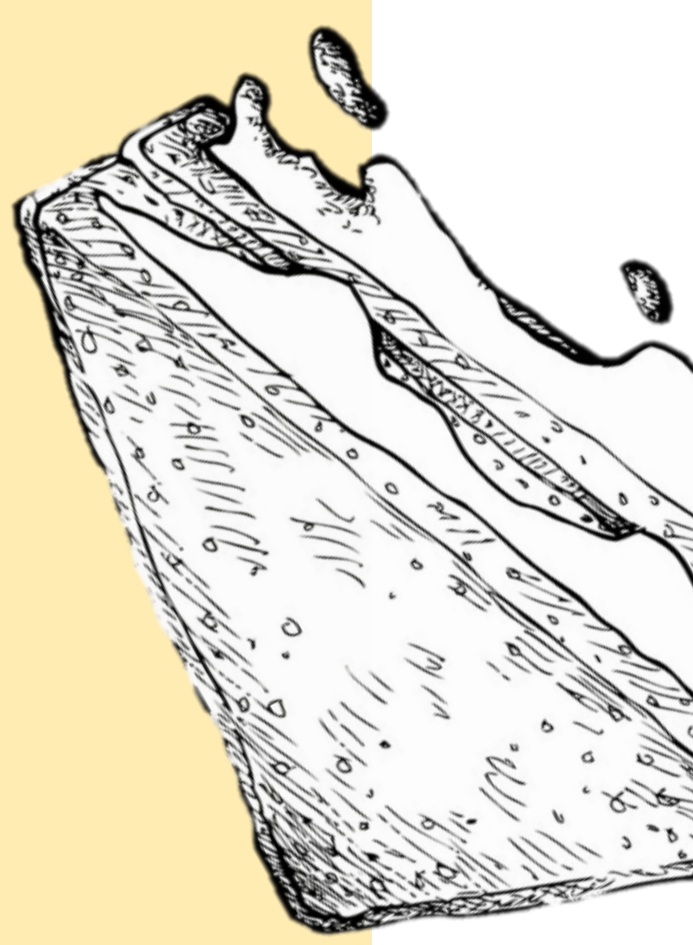
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MCALISTER KITCHEN

102 ST PHILIP ST
CHARLESTON, SC 29424

**PLEASE REGISTER AT
[LINKTR.EE/COFCCOOKINGWORKSHOPS](https://linktr.ee/cofccookingworkshops)**

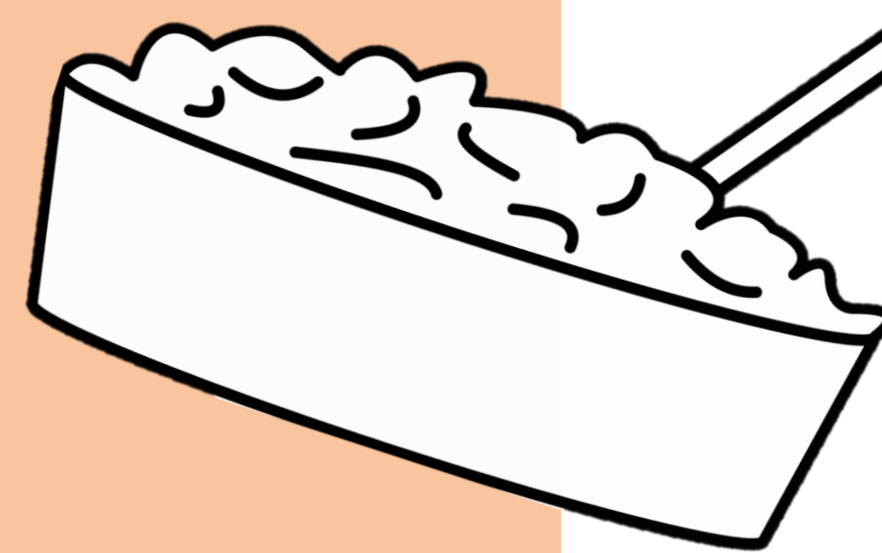
#EveryoneEats

@SustainCofC





COME LEARN HOW TO PREPARE

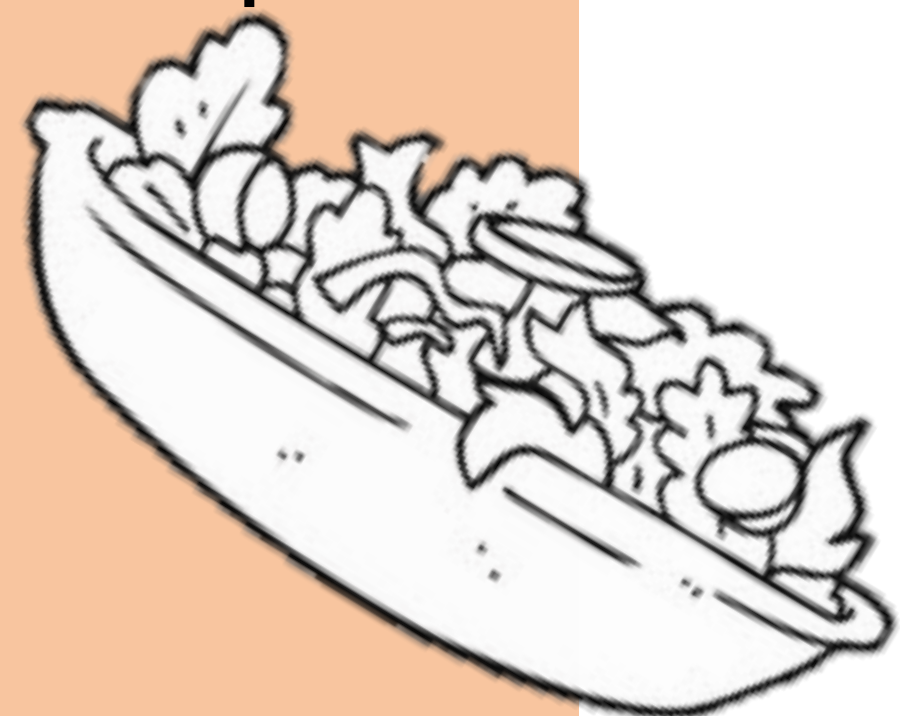


Vegan Holiday Side Dishes

Thursday November 21st 3:00pm- 4:30pm

McAlister Kitchen

102 St. Philip St
Charleston, SC 29424



Please register at

linktr.ee/cofccookingworkshops

#EveryoneEats

@SustainCofC

