



APRIL 18TH 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.



The Healthy Italian
COOKING FOR THE LOVE OF FOOD AND FAMILY

LONGO'S

**Rutherford @
Weston Rd**

**9200 Weston Rd
Vaughan**

Community Room

7-9pm

**Register with
Store Customer
Service**

905- 850-6161

\$30 per person

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&

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