

<i>Location</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
ADAMH 447 East Broad Street Columbus, Ohio 43215 <i>Training Room</i>			<u>Cooking Demo:</u> <u>One-skillet Veggie Hash</u> 10/12/2017 12:00 p.m. - 1:00 p.m.	
Child Support Enforcement Agency 80 East Fulton Street Columbus, Ohio 43215 <i>Multipurpose Room</i>		<u>Cooking Demo:</u> <u>One-skillet Veggie Hash</u> 10/4/2017 12:00 p.m. - 1:00 p.m.		
Children Services West Mound 855 West Mound Street Columbus, Ohio 43215 <i>Room 341</i>		<u>Cooking Demo:</u> <u>One-skillet Veggie Hash</u> 10/18/2017 12:00 p.m. - 1:00 p.m.		
Coroner's Office 520 King Avenue Columbus, Ohio 43201 <i>Conference Room</i>				<u>Cooking Demo:</u> <u>One-skillet Veggie Hash</u> 10/27/2017 12:30 p.m. - 1:30 p.m.
Fleet Management 1721 Alum Creek Drive Columbus, Ohio 43201 <i>Break Room</i>			<u>A Break to Educate:</u> <u>Food Fight: Eat This Not That</u> 10/26/2017 9:00 a.m. - 10:00 a.m.	
Government Tower 373 South High Street Columbus, Ohio 43215 <i>10th Floor ThriveOn Space</i>		<u>Cooking Demo:</u> <u>One-skillet Veggie Hash</u> 10/25/2017 12:15 p.m. - 1:00 p.m.		
Job and Family Services East 1055 Mt Vernon Ave Columbus, Ohio 43203 <i>Conference Room B</i>		<u>Cooking Demo:</u> <u>One-skillet Veggie Hash</u> 10/11/2017 12:00 p.m. - 1:00 p.m.		
Job and Family Services Northland Park 1721 Northland Park Avenue Columbus, Ohio 43229 <i>Room 132 A</i>			<u>Cooking Demo:</u> <u>One-skillet Veggie Hash</u> 10/19/2017 12:00 p.m. - 1:00 p.m.	
Memorial Hall 280 East Broad Street Columbus, Ohio 43215 <i>West Conference Room</i>	<u>A Break to Educate:</u> <u>Nourish Life: Food is Medicine</u> 10/17/2017 12:45 p.m. - 1:45 p.m.			

One-skillet Veggie Hash

Cook up this versatile, nutrient-packed veggie hash for breakfast, lunch, or dinner. Get creative and make your own version, adding whatever vegetables you have on hand. Top it off with a fried egg to make it a meal.

A Break to Educate: Food Fight: Eat This, Not that

Dining out and the words "fast food" may bring to mind images of greasy burgers, salty fries, and sugary shakes. The truth is, eating out doesn't have to mean "bad for you". This presentation will help you learn how to make healthy, more informed choices when dining out.

A Break to Educate: Nourish Life: Food is Medicine

"The food you eat can be the safest and most powerful form of medicine, or the slowest form of poison" If food has the power to