Meatless Monday 10/22:
Eat meatless today on and around campus.

Eat Real Wednesday 10/24
- “UCI Eats Real: Sustainable Eating and Cooking” Workshop 12pm-1pm at the ARC. Register through the UC Learning Center.
- UCI Medical Center hosts Farmer’s Market from 11am-1pm on the lawn of building 55 at the Medical Center.

Get Fit Friday 10/26
Health and Fitness Friday Workshop:
“My Grandmother Never Took Dietary Supplements” Workshop from 12pm-1pm at the ARC. Register through the UC Learning Center.

Sustainable Saturday 10/27
Go to the Farmer’s Market at the UTC to show what you’ve learned this week and continue to commit to healthy and sustainable practices.

Did you know?
- The Health Education Center’s “Peter’s Picks” program helps identify healthy dining options on campus
- UCI Dining works with America’s Second Harvest to donate left-over baked goods to the local community
- UCI has a goal of achieving 20% sustainable purchases by 2020
- Trayless dining has helped save over a million tons of waste
- UCI Dining serves only fair trade and organic coffee
- Mesa Commons is the first zero-waste facility in the UC System
- UCI Dining participates in Meatless Mondays to reduce meat consumption by 15% to improve personal and environmental health
- Voted #3 in PETA’s 2011 Most Vegan-Friendly College Competition

Take the Real Food pledge online today!
tinyurl.com/ucfoodday