Join your fellow AntEaters in celebrating Food Day with a week of events...

- Monday, October 24th: Meatless Monday & Food Day
  Food Day is here! Celebrate the day by taking the pledge to eat healthy, delicious, and affordable food prepared in a sustainable, humane way. Go meatless and be sure to stop by one of UCI's residential dining locations to try some samples and learn about the location's local and sustainable produce.

- Wednesday, October 26th: Eat Real Wednesday
  Faculty and staff be sure to stop by the ARC for the “UCI Eats Real: Sustainable Eating and Cooking” workshop 12:00pm-1:00pm, hosted by Campus Recreation’s Chef Jessica VanRoo. Chef Jessica will show you the importance of sustainable eating and how to incorporate it into your lives, as well as a cooking demo and sampling of Eggplant Dip with Pita Chips and Fennel Citrus Salad. Please sign up through the UC Learning Center.

- Thursday, October 27th: Join the Challenge Thursday
  Want to see more "real" food in our college eateries? Then join the Real Food Challenge here at UCI for their weekly meeting at 7pm in HH 231. Become a “Real Foodie” and join the national student movement advocating for a more sustainable food system.

- Friday, October 28th: Fresh Fruit Friday
  Keep up with your Food Day pledges. One great way to do so is to challenge yourselves to have at least one serving of fresh fruit! Take it a step further, by making sure that serving is locally grown.

- Saturday, October 29th: Super Foods Saturday
  End the week by stopping by the UTC Farmer’s Market from 8am-12pm, right across the street from UCI! Shop for super foods like fresh spinach, juicy oranges, or any other super foods you can think of.

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<td>Join UC in the pledge to eat delicious, healthy, and affordable food produced in a sustainable, humane way. Take the Pledge to Eat Real.</td>
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