Join LaGuardia Community College and the Food and Nutrition Club in celebrating **FOOD DAY**!

Come to learn, eat, and enjoy:

- **The Farmer’s Market!**
- **Cooking Demo/free food samples!**
- **Games, giveaways and raffle prizes!**
- **Healthy Halloween Ideas!**
- **A special feature: Meet young men and women who achieved a healthy weight with REAL FOOD and physical activity!**

**Where:** Atrium in the E Building  
**When:** October 30, 2013  
**Time:** 2:00pm-4:00pm

For more information on Food Day 2013, please visit [www.foodday.org](http://www.foodday.org)