

Recipe Tasting Contest

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Employee Wellness Program Page
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Date: Friday, 01/11/2008

Time: lunchtime

Where: Main Hospital Hallway
(outside of the cafeteria)



Join the NIH employee wellness group for a healthy recipe tasting. You bring in your favorite dish and the recipe for the tasting. Recipes should be low fat, moderate calories, moderate sodium, and, of course, tasty! The hospital staff (everyone) tastes and votes. The winner will have their favorite healthy recipe added to the cafeteria menu regularly. One more fun thing brought to you by the new NIH employee wellness program.

