



Baright Public Library

Lunch & Learn

Wednesday, November 18th

Noon-1 p.m.

Bring your lunch if you'd like

Dessert and drinks provided

Herbs as a Healthy Alternative

Cindy Brison, MS, RD

Extension Educator

UNL Extension in Douglas/Sarpy County

Learn how herbs can add flavor when cutting back on salt, fat and sugar. Many culinary herbs, fresh and dried, have antioxidants that can protect against diseases such as cancer and heart disease.

Find out if you should snip, cut or chop, when to add, and if it is better to use dried or fresh herbs in your favorite recipes.

Come join us the program is free and open to the public

