



Date: Wednesday, April 18, 2018

Time: 2-3 pm Eastern Time (ET)

Convert to your time zone at: <http://www.timeanddate.com/worldclock/converter.html>

Suggested CDR Learning Needs Codes: 8060, 8090, 8100, 8130; Level 2

Suggested CDR Performance Indicators: 8.4.1, 8.4.2, 8.4.3

With the arrival of spring, local produce starts to make its return to market. In part two of the series, *Spring Fling*, **Shayna Komar, RD, LD, and Chef Nancy Waldeck** will provide recipes, tips, and ideas for RDs to use to guide their clients in using seasonal produce. In *Spring Fling*, Shayna and Nancy will highlight:

- Arugula
- Asparagus
- Beets
- Bok Choy
- Lettuces
- Radishes

Learning Objectives:

After completing this continuing education course, nutrition professionals should be able to:

1. Recommend regional, seasonal produce with complimentary herbs and spices.
2. Provide clients with 7 recipes per webinar based on the seasonal produce.
3. Demonstrate tips and techniques that will assist the home cook with the provided recipes.
4. Direct clients to resources on the produce in their area.
5. Discuss evidence-based health benefits of herbs and spices in relation to a healthy well - balanced food plan.

How to Join the Webinar

1. Go to <https://goto.webcasts.com/starthere.jsp?ei=1172031>
2. Log in with the e-mail address you used during registration.
3. Unmute your computer speakers or mobile device if necessary.

Call **877-925-CELL (2355)** Monday through Friday from 9 am to 5 pm ET or e-mail ce@gvpub.com with any questions.

Handouts

A copy of the presentation slideshow and associated handouts will be available to download during the webinar in the live presentation viewer under the “Event Resources” tab.

System Requirements

Operating System	Internet Browser	Media Playback	Audio
Windows 10	Google Chrome 55+	HTML5 streaming enabled browser	Audio must be streamed through computer speakers or mobile device.
Windows 8.1+ Pro	Internet Explorer 11+	Apple iOS http streaming enabled browser	
Windows 7	Firefox 51+	Android http streaming enabled browser	We recommend using Firefox or Google Chrome for optimal experience.
Android 4.4+	Safari 9+		
Apple Mac OS X 10.10+	Edge Browser		
Apple iOS 9+			

Test Your System & Audio: <https://goto.webcasts.com/test/>

Please Note: If you will be viewing the presentation on a work computer, we recommend that you log in early and test your system to verify that your company firewall allows access to GoToWebcast. You may need to contact your IT service provider to make sure that the website is enabled.

Credit Claiming: You must complete a brief evaluation of the program in order to claim your credits and download your certificate. The evaluation will be available immediately following the presentation on www.CE.TodaysDietitian.com. Evaluations must be submitted within 1 year of the live program in order to obtain credit. You do not need to complete the evaluation on April 18, 2018.

Credit Claiming Instructions:

1. Visit www.CE.TodaysDietitian.com and go to “My Courses” and click on the webinar title.
2. Click “Take Course” on the webinar description page.
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