



Date: Wednesday, July 18, 2018

Time: 2-3 pm Eastern Time (ET)

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

Suggested CDR Performance Indicators: 8.4.1, 8.4.2, 8.4.3

Summer's harvest is full of herbs, vegetables, melons, squash and peppers. The abundance of local produce makes summer an exciting time in the kitchen. In part three of the series, *Summer Sizzle*, **Dietitian Shayna Komar and Chef Nancy Waldeck** will provide recipes, tips, and ideas for RDs to use to guide their clients in using seasonal produce. In *Summer Sizzle*, Shayna and Nancy will highlight:

- Basil
- Beans
- Melons
- Corn
- Cucumbers
- Squash
- Peppers

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.

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

How to Join the Webinar

1. Go to <https://goto.webcasts.com/starthere.jsp?ei=1172034>
2. Log in with the e-mail address you used during registration.
3. Unmute your computer speakers or mobile device if necessary.

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+			

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