

## In our next issue:

Project La Cena will announce our 15 scholarship recipients for Spring 2011, totaling \$50,000 in scholarship awards!

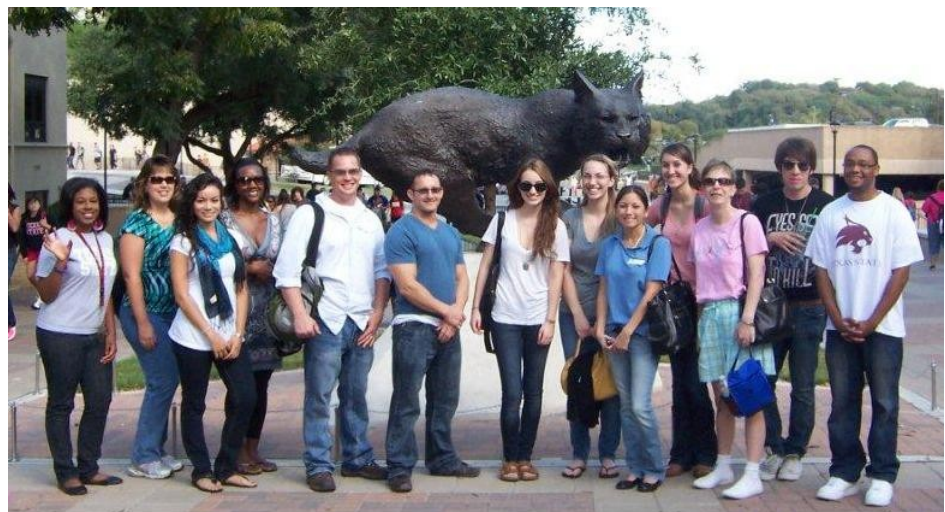
## With questions or comments, contact:

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## Hands on Nutrition Workshops and Nutrition Lecture Series

Gus Bard, owner of Loretta's Finest (a southern organic kitchen), recently visited Project La Cena students as a part of our Nutrition Lecture Series on October 4th. He discussed his experience owning a restaurant and shared his passion of nutrition.

Project La Cena students visited Texas State University on October 11th to participate in a campus tour (below) and Hands on Nutrition Workshop, which included a demonstration about the sugar content in many popular beverages. Project La Cena students also visited the University of the Incarnate Word and Participated in a Hands on Nutrition Workshop that involved making pizzas for different dietary needs.



Project La Cena students attending a campus tour at Texas State University.

## La Cena made the news!

If you visit the following link: [CLICK HERE!](#) You can read an article featured in the SA Express news all about Project La Cena and what we have to offer. You can also read several direct quotes from students and nutrition professors who are involved in the program.