



National Nutrition Month

March Webinar Buffet Available March 1st through March 31st

Join Registered Dietitian Lori Lambert-Osburn and celebrate National Nutrition Month as she explores the culinary delights of a World of Flavors! During this video Lori will demonstrate how to make Muhammara, a Syrian appetizer similar to hummus with an added kick. Also, Lori will cook an Ethiopian Sweet Potato, Cabbage and Lentil Stew and finish up with the classic French crepe made with maple-ginger poached pears. Learn about the culture and flavors of different countries as you expand your culinary skills!

Register today at MIIAWinners.org
See page 2 for complete registration instructions

Each month you must:

- Watch the entire webinar
- Answer 3 quiz questions about the webinar - you don't have to get them right
- Leave a comment about your strongest take-away from the webinar
- Complete the above before the end of each month - no back-tracking!

MIIA Webinar Buffet



Complete 7 of 12 monthly webinars, answer quiz questions, and comment on your take-aways to earn a \$50 gift card! Only MIIA/BCBS subscribers are eligible for a reward.

Registration Instructions

1. Go to www.miiawinners.org
2. **If you have a MIIA Winners account:**
Log in first, then follow instructions to enroll in this new program.
If you DON'T have a MIIA Winners account:
Use the "Proceed to Registration" button on the MIIAWinners home page.
3. Enter the Registration Code: Buffet2021 (case sensitive)
4. Fill out the registration form.
5. Once you have registered, you may access the program.



 /miiasocial | www.emiia.org

This is a FREE PROGRAM open to all MIIA Webinar Buffet employees and their spouses.