



# UU Plant-Based Eating Club **POTLUCK**

**Sunday, November 19, 2023**

**6PM to 8PM**

**First Parish in Waltham, Unitarian Universalist**  
50 Church Street, Waltham, MA

**Join our group as we learn about eating more delicious and nutritious plant-based whole foods!**

You don't need to eat vegan or vegetarian regularly to join us. If you are interested in reducing animal products in your diet and are supportive of others who are pursuing plant-based eating, please join us.

For more information: <https://bit.ly/3s2Y2pA>

**Please bring a plant-based, meatless and dairy-free dish to share.**

For ideas about an easy dish to make, email:  
[Brenda.Asis@WalthamUU.org](mailto:Brenda.Asis@WalthamUU.org)

**TO SIGN UP:** scan the QR code below or go to this URL: <http://bit.ly/3Fs6x0r>

