



# Vandy Cooks

**“Clean Up the Game Day Eating”**

**Friday, August 21**

**12 noon - 1 pm**

**at the Vanderbilt Recreation and  
Wellness Center Demonstration Kitchen**



Join Executive Chef Lucius Carroll as he creates recipes for game day parties using ‘clean’ foods in a combination that will score points with all your friends and family.

Lucius Carroll III, native Nashvillian, studied Culinary Arts at Johnson & Wales University in Providence, RI. He now works for Sodexo's Health Care division and MCJCH at Vanderbilt. He enjoys travel, live music events, and the outdoors; he is a father of twin college age daughters

This event is free to attend. Registration is not required.

**Receive samples and recipes.**

Contact Marilyn Holmes at [Marilyn.c.holmes@vanderbilt.edu](mailto:Marilyn.c.holmes@vanderbilt.edu) or 615-343-2638 for questions or other information about this program.

*Sponsored by: Vanderbilt Recreation & Wellness Center and Health Plus*