

EAT LOCAL

Wisconsin



WATERCRESS Winona

Benefits: This superfood promotes bone health, cardiovascular health, and lowers blood sugar levels



LEVENDER Baraboo

Benefits: This herb has antiseptic and anti-inflammatory properties and can aid in reducing anxiety, stress, insomnia, and depression



WILD RICE WI

Benefits: A rich source of dietary fiber and also packed with powerful antioxidants and lipid-lowering properties



CRANBERRIES WI Rapids | Nekoosa

Benefits: A superfood high in antioxidants that lowers the risk of UTI's, improves immune function, and lowers blood pressure



BEET GREENS Almond | Osseo

Benefits: These nutrient dense greens boost immunity, support eye health, and improves mental and digestive health



HONEY Milwaukee

Benefits: A good source of antioxidants while also having antibacterial and antifungal properties



Wheat Berries Columbus

Benefits: Packed with fiber, protein, and iron these sprouts support digestion, bone strength, and a healthy heart

For more info, visit us at

Marquette.sodexomyway.com



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