

New Mexico State University
Extension Family and Consumer Sciences Invites You!

Extension Plate to Practice

Real Food: Concept and Practical Application

Lunch is Included

*Bringing Real Food to Life:
The Magic of Spices*

When: November 10th, 2026, 12:30 – 2:00 PM

Where: Valencia County Cooperative Extension
Service Office, 404 Courthouse Road,
Los Lunas, NM 87031

Together we will

- 👍 **Learn about the Concept of Real Food:**
Lessons from the new Dietary Guidelines for
Americans 2025–2030
- 👍 **Discover the Magic of Spices:** Explore the
health-promoting properties of spices
- 👍 **Transform Simple Ingredients into Delicious
Meals:** Learn how to combine spices in
everyday cooking and enjoy real food
to support a healthy, active life

Hands-on activity

Using Real Food to Create a Healthy Plate

If you are an individual with a disability who is in need of an auxiliary aid or service to participate,
please contact Dr. Zahra Zadeh two weeks in advance at (575) 646-3097 or zzadeh@nmsu.edu.



There is no cost to participate.



Contact:

Dr. Zahra Zadeh
Extension Nutrition Specialist
Tel: 575-646-3097
email: zzadeh@nmsu.edu



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
and Environmental Sciences**

New Mexico State University is an equal opportunity employer and educator.
NMSU and the U.S. Department of Agriculture cooperating.