

April 27, 2020

Contact: Lilibeth Orozco, Public Relations Assistant
lilibeth.orozco.185@my.csun.edu
Michael Niles, Marketing Manager
University Student Union
California State University, Northridge
michael.niles@csun.edu
(818) 677-2875

FOR IMMEDIATE RELEASE

**Improve Your Cooking Skills with “Adulting 101: Virtual”
Presented Online by the University Student Union**

Northridge— The University Student Union (USU) invites all CSUN students to the fun and very useful digital event, “Adulting 101: Virtual”. On Thursday, April 30 from 4 to 5 p.m., the USU will show you all the delicious ways to become a better cook on a budget by just using items you may already have in your home.

This is an awesome opportunity for CSUN students to improve your everyday meals with healthy and nutritious foods while getting nutritious cooking tips through a live Q&A session on Monday, May 4 from 2:30 to 3 p.m. Participants who want to take part can join us on IGTV/Instagram Live!

“The USU understands how repetitive cooking at home can get and we want to help spice things up,” says Dyemond Cooper, Student Event Assistant for USU Events. “‘Adulting 101: Virtual’ is a perfect way for students to get creative with their home-cooked meals and learn new cooking methods!”

With these cooking tips and tricks, students can transform their same old meals into something that would make Gordon Ramsey proud. To access the Instagram Live, go to the USU Instagram page at @csun_usu and click on the profile picture to enter the live program. Don’t miss this chance to open up your personal kitchen cupboard and expand your menu of tasty and easy meals with “Adulting 101: Virtual”. For more information, please visit csun.

CSUN®



edu/usu.

###

The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, prayer room, lactation room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center, Veterans Resource Center, USU Board of Directors, Computer Lab, Games Room, USU Events and more. For additional information, please visit www.csun.edu/usu.