



# IBD PATIENTS & PARENTS/CAREGIVERS

We are excited to invite you to the launch of our **ICN PFAC Cooking Demo Series** on **Sunday, May 31, 2026 from 7:00 to 8:00 PM EST (4:00 to 5:00 PM PST)**



This Cooking Demo Series is being co-hosted by the **ICN Parent / Family Advisory Council (PFAC)** in collaboration with the **GI Nutrition Foundation**.

## WHAT TO EXPECT

- The **ICN PFAC Cooking Demo Series** was created especially for the pediatric IBD community to learn about nutrition therapy.
- **You are invited to join us for our launch event on May 31 - it is free, online, and open to all families living with IBD.**
- Learn from our featured presenters: **David Suskind, Kim Braly, and Ryan Van Voorhis** during a live cooking demonstration.
- Cooking Demos are an opportunity to connect with other IBD families and enjoy a fun, interactive cooking experience together.
- Scan the QR code below with your mobile phone camera for event details, registration, recipes, and shopping lists.



# LET'S GET COOKING!

