



Symposium on Plant-Based Food and Nutrition: Innovations and Challenges

Speaker **Matt Ruscigno**

MPH, RD

Matt Ruscigno (roo-CIG-no), MPH, RD is a past-Chair of the Vegetarian Group of the Academy of Nutrition and Dietetics and co-author of Plant-based Sports Nutrition (Human Kinetics, 2019).

A recreational athlete in his spare time, Matt has raced ultramarathons, ironmans, and numerous long-distance bicycle races.



Nov. 14th 7:30 AM-5:00 PM
Nov. 15th 7:30 AM-12:00 PM

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Event Location

Cal Poly Pomona
Kellogg West Conference Center & Hotel, Building 76
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