



VEAL PARMESAN

**SWAP MEAT**  
FOR ALASKA SEAFOOD

<https://livestream.com/CIAlive/events/7203802>



ALASKA COD PARMESAN

**Win \$3,000  
Now!**

You could win a **\$3,000 scholarship** simply by coming up with a great way to switch Alaska Seafood for red meat! Let us know your ideas with a 60-second video and you could be a winner. No need to cook – just CREATE! Get your rules and entry form at CIA Main Menu, or by following this link: <http://www.ciaconsulting.org/alaska-seafood-swap-meat-contest/>

