



* Cajun Land Crab Boil

We are enthused to share that boiled crawfish aren't necessarily the guilty pleasure we thought they were, so enjoy yourself at the weekend crawfish boil!

Here are **Molly Kimball's** reasons why:

- * Crazy-low calories
- * Low in carbs, high in protein
- * Surprisingly nutrient rich

Expert tip when boiling - try to choose a boil product with lower sodium and no MSG in it! We like:

- * Zatarain's Pro Boil (liquid) Crawfish, Shrimp & Crab Boil

UPCOMING EVENTS TO BENEFIT NOMC

[Visit our Website For a Full Listing of Upcoming NOMC Events](#)



JAMIE GALLOWAY CRAWFISH BOIL

SUNDAY, MARCH 25 | 8316 OAK ST. | 3 PM

This 6th annual community block party includes 7 hours of live music on 2 stages and all you can eat crawfish from TWO of New Orleans' best boil masters, Jason Seither and Jason Cles. Rain or shine, features a Brass Pass raffle and kids tent.

PURCHASE TICKETS

TEAM NOMC IN THE CRESCENT CITY CLASSIC



SATURDAY, MARCH 31 | 1250 Poydras St. | 8 AM Start Time

Run or Walk with Team NOMC in the [2018 Crescent City Classic 10k](#) on Saturday, March 31st! Charity team receive special perks including race placement priority, free team shirt and free post-race massages. All funds raised benefit the NOMC.

[REGISTER OR SUPPORT](#)

Keep in touch!

