

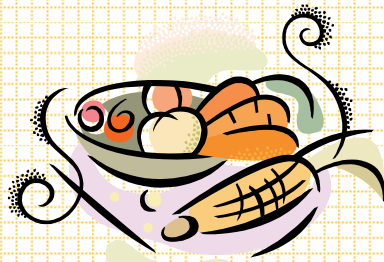
Food \$ense

FREE NUTRITION AND COOKING CLASSES!

Brought to you by USU Extension in Cache County Food \$ense Program
 Helping Families Make Better Food Choices

FREE classes are held in the Cache County Administration building multi-purpose room, 179 North Main, Logan. At each class you'll enjoy **FREE FOOD SAMPLES** and learn new, tasty recipes that won't break your budget.

Out of respect for the hearing impaired,
 no children under the age of seven please.



To register for classes or for more information contact:
 The Food \$ense Team at 435-752-6263
 or cachecountyfoodsense@gmail.com

2012 Class Schedule:

Daytime Classes 11:00am-12:30pm

January 26: Slow Cooker Skills
February 23: Menu Planning
March 29: All About Grains
April 26: Spring Veggies
May 24: Calorie Needs
June 28: Summer Veggies
July 26: Pressure Cooker Skills
August 23: Fall Veggies
September 20: All About Grains II
October 19: Winter Veggies
November 29: Heart Healthy Eating

Nighttime Classes 7:00-8:30pm

January 24: Slow Cooker Skills
February 28: Menu Planning
March 20: All About Grains
April 17: Spring Veggies
May 15: Calorie Needs
June 27: Summer Veggies
July 17: Pressure Cooker Skills
August 21: Fall Veggies
September 18: All About Grains II
October 16: Winter Veggies
November 13: Heart Healthy Eating

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2012 Class Descriptions:



Daytime Classes 11:00am-12:30pm

January

Slow Cooker Skills - Come learn how to use some quick preparation and a slow cooker to create a delicious family meal!

February

Menu Planning - This class will teach you the basics of meal planning to simplify your life and put delicious, nutritious meals on the table.

March

All About Grains - Did you know that the most recent Dietary Guidelines recommend you make half your grains whole? Let us teach you easy ways to enjoy whole grains!

April

Spring Veggies - It's not easy being green! Let us teach you how green spring vegetables can pack a nutritious punch and add variety to your meals.

May

Calorie Needs - How much is too much? Have you ever wondered if you are eating the right amount? This class will teach you how to find your individual calorie needs.

June

Summer Veggies - Which vegetable has vitamin C? Which vegetable helps keep your immune system strong? Which vegetable fills you up without filling you out? Come learn how to use these powerful summer veggies to keep yourself and your family healthy.

July

Pressure Cooker Skills - Come learn how pressure cookers make it possible to create nutritious, flavor-packed meals in minutes!

August

Fall Veggies - Summer is over. Fall is in the air. This class will give you some tips on how to use up the rest of your garden produce and ways to enjoy it year round.

September

All About Grains II - This class will teach you even more ways to enjoy delicious whole grains to ensure you are getting enough fiber in your diet.

October

Winter Veggies - Does winter weather get you down? Come learn about winter veggies that can boost your spirits and keep you healthy during the cold winter season.

November

Heart Healthy Holidays - This class will teach you how to enjoy delicious holiday food while still preparing nutritious meals for your family.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington DC 20250 or call (202)720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

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