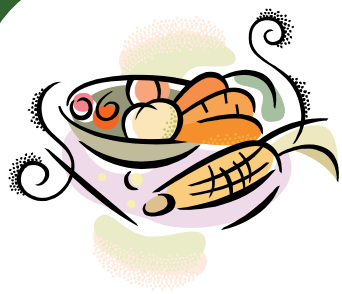

Mommy & Me!

Presented by USU Extension Cache County
Food $ense Program

FREE NUTRITION AND COOKING CLASSES

Join the Food $ense Team for nutrition and cooking classes once a month! Mothers and fathers are encouraged to come and learn something new while their children play! Childcare and activities will be provided at **NO CHARGE!**

FREE FOOD SAMPLES!

Classes will be held once a month from 11:00 am-12:30 pm in the Cache County Administration Building Multi-Purpose Room 179 North Main, Logan.

See reverse side for detailed 2012 schedule.

For more information, and to register, please contact Candi at 435-752-6263 or cachecountyfoodsense@gmail.com

2012 Class Schedule

See Reverse for Class Descriptions

January 19: Slow Cooker Skills

February 16: Menu Planning

March 22: All About Grains

April 19: Spring Veggies

May 17: Calorie Needs

June 29: Summer Veggies

July 19: Pressure Cooker Skills

August 16: Fall Veggies

September 13: All About Grains II

October 18: Winter Veggies

November 15: Heart Healthy Holidays

UtahState University
COOPERATIVE EXTENSION
NUTRITION, DIETETICS, & FOOD SCIENCES/EXTENSION

2012 Class Schedule

January 19:
Slow Cooker Skills - Short on time? Come learn how to use some quick preparation and a slow cooker to create a delicious family meal!

February 16:
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 22:
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 19:
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 17:
Calorie Needs - How much is too much? Have you ever wondered if your family is eating the right amount? This class will teach you how to find the calorie needs for every member of your family.

June 29:
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 us these powerful summer veggies to keep yourself and your family healthy.

July 19:
Pressure Cooker Skills - Come learn how pressure cookers make it possible to create nutritious, flavor-packed meals in minutes.

August 16:
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 13:
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 18:
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 15:
Heart Healthy Holidays - This class will teach you how to enjoy delicious holiday food while still preparing nutrition packed, family meals.

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 w rite 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.

FOOD $ENSE