



July-September
2024

11:30 a.m.-12:30 p.m.
Wellness Center
Multipurpose room

- July 5** "Chicken breasts vs. thighs – Which are more nutritious?"
- July 12** "How to prevent seven picnic food mistakes"
- July 19** "Exercise safety in hot weather"
- July 26** "Colorful couscous salad" (*cooking demonstration*)

- Aug. 2** "Stuff it, bake it or grill it"
- Aug. 9** "Are kitchen surfaces and sponges really clean?"
- Aug. 23** "Six creative ways to enjoy beans"
- Aug. 30** "Rainbow yogurt trifle cups" (*cooking demonstration*)

- Sept. 6** "Are food sensitivity tests accurate?"
- Sept. 13** "Creating a grocery list"
- Sept. 20** "Nine fall produce picks to add to your plate"
- Sept. 27** "Stovetop vegetarian tortilla pizza" (*cooking demonstration*)



For more information, contact Joan Plummer, RD, LMNT, CDCES, at 402-562-4462
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