

Nutrition Classes

2018 Healthy Eating Makeover

Are you trying to get healthy for 2018? If so, the kitchen is usually the best place to start. Small changes like healthy substitutions, eating off of smaller plates, and eating more meals at home as a family can yield big results. Join Registered Dietitian and MU Extension Nutrition Specialist, Sarah Wood to learn about how you can incorporate these strategies and many more for healthier cooking and healthier eating in the New Year. Samples of a healthy recipe will be available.

When: January 3, 2018; 12-1 PM or January 6, 2018; 10-11 AM

Where: Maryville Hy-Vee 2nd Floor Meeting Room

Cost: FREE

Nutrition for Heart Health

Heart disease is the leading cause of death for adults in the United States. While there are some risk factors that are out of your control (like genetics), there are diet and lifestyle changes you can make to help reduce risk and keep your heart healthy. Join Registered Dietitian and MU Extension Nutrition Specialist, Sarah Wood to learn how you can show your heart some love. Samples of a heart healthy recipe will be available.

When: February 7, 2018; 12-1 PM or February 10, 2018; 10-11 AM

Where: Maryville Hy-Vee 2nd Floor Meeting Room

Cost: FREE

Spring Clean Your Diet

Spring is a time of renewal. It's a time when many people are thinking about getting outside, dusting off the cobwebs, and giving their houses a good cleaning. Why not also take this time to clean up your diet? Join Registered Dietitian and MU Nutrition Extension Specialist, Sarah Wood, and learn how you can make healthier food choices, cut back on processed foods, and enjoy the fresh spring fruits and vegetables available at the market. Samples of a healthy seasonal recipe will be available.

When: March 7, 2018; 12-1 PM or March 10, 2017; 10-11 AM

Where: Maryville Hy-Vee 2nd Floor Meeting Room

Cost: FREE

For questions about classes or for ADA accommodations, contact: (816)279-1691