

2017



Grocery Store Tours and Cooking Classes

JANUARY 10 • 2-3 PM

COOKING CLASS \$10 – SAUCES/DRESSINGS/MARINADES

Trinity Health Community Conference Room - Town & Country Center

Learn how to make healthier sauces, dressing, and marinades and different spice tips to bring full flavor to meals. Sample the results!

FEBRUARY 7 • 6-7 PM

GROCERY STORE TOUR (FREE) – HEART HEALTH

Original Marketplace Foods

Find out how heart health relates to grocery shopping and learn about heart healthy label reading.

MARCH 14 • 2-3 PM

GROCERY STORE TOUR (FREE) – DIABETES

Original Marketplace Foods

Learn about grocery shopping with diabetes and about label reading with total carbohydrate, sugar, fiber, sugar alcohols, etc. Another piece to help managing diabetes.

APRIL 11 • 5:30-6:30 PM

COOKING CLASS \$10 – COOKING WITH SPICES

Trinity Health Community Conference Room - Town & Country Center

Enhance your knowledge on spices and how to use them to add flavor to your meals; lower sodium does not mean tasteless. You get to sample the results!

MAY 9 • 6-7PM

GROCERY STORE TOUR (FREE) – CELIAC DISEASE/GLUTEN INTOLERANCE

Original Marketplace Foods

Learn how to navigate the grocery store while shopping for a gluten free lifestyle, about safe and unsafe ingredients, label reading, foods that are naturally gluten free, gluten free alternatives, and cross contamination, etc.

Original Marketplace Foods – 1930 South Broadway (On the corner of 20th Ave and South Broadway)

Join a Trinity Health Registered Dietitian for a small group tour or cooking class.

www.trinityhealth.org

Space is limited. Please RSVP by calling 857-5268.

2017



Grocery Store Tours and Cooking Classes

SEPTEMBER 12 • 5:30-6:30PM

COOKING CLASS \$10 – COOKING 101

Trinity Health Community Conference Room - Town & Country Center

Don't know how to cook? Learn the basics of cooking; no question is stupid in this Cooking 101 class.

OCTOBER 10 • 2-3PM

COOKING CLASS \$10 – COOKING WITH GREEK YOGURT

Trinity Health Community Conference Room - Town & Country Center

Learn how Greek yogurt can be used as a substitution in many different kinds of recipes, how to use it and what the benefits are of this substitution. Samples available!

NOVEMBER 14 • 6-7PM

GROCERY STORE TOUR (FREE) – DIABETES

Original Marketplace Foods

Learn about grocery shopping with diabetes and about label reading with total carbohydrate, sugar, fiber, sugar alcohols, etc. Another piece to help managing diabetes.

DECEMBER 12 • 2-3PM

GROCERY STORE TOUR (FREE) – HOW TO READ A FOOD LABEL

Original Marketplace Foods

What does the food label tell me anyway? Navigate the aisles of the grocery store and learn the different parts of the food label and what they mean to you.

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