**UW- Extension FoodWIse 2019 Healthy Eating Series**

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<th>January</th>
<th>February</th>
<th>March</th>
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| **What Is Healthy Food and How You Can Afford It?**  
Thursday, Jan 17th - 1-2pm  
Monday, Jan 21st - 10-11am | **Winter Warm-Ups/One Dish Meals**  
Monday, Feb 18th - 10-11am  
Thursday, Feb 21st - 1-2pm | **Meal Planning to Make Life Simpler**  
Tuesday, Mar 12th - 6-7pm  
Monday, Mar 18th - 10-11am  
Thursday, Mar 21st - 1-2pm |

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<th>April</th>
<th>May</th>
<th>June</th>
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| **The Power of Protein**  
Monday, Apr 15th - 10-11am  
Thursday, Apr 18th - 1-2pm | **Telling the “Whole Story” (Whole Grains)**  
Tuesday, May 14th - 6-7pm  
Thursday, May 16th - 1-2 pm  
Monday, May 20th - 10-11am | **Smart Shopping for Fruits and Vegetables**  
Monday, Jun 17th - 10-11am  
Thursday, Jun 20th - 1-2pm |

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<th>July</th>
<th>August</th>
<th>September</th>
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| **Cool Cooking/Summer Salads**  
Tuesday, Jul 9th - 6-7pm  
Monday, Jul 15th - 10-11am  
Thursday, Jul 18th - 1-2pm | **No Bones About It: Tips to Strengthen Your Bones**  
Thursday, Aug 15th - 1-2pm  
Monday, Aug 19th - 10-11am | **Healthy Snacks You Can Afford**  
Tuesday, Sep 10th - 6-7pm  
Monday, Sep 16th - 10-11am  
Thursday, Sep 19th - 1-2pm |

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<th>October</th>
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<th>December</th>
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| **Savor the Flavor of Fall**  
Thursday, Oct 17th - 1-2pm  
Monday, Oct 21st - 10-11am | **Let’s Talk Turkey**  
Tuesday, Nov 12th - 6-7pm  
Monday, Nov 18th - 10-11am  
Thursday, Nov 21st - 1-2pm | **Healthy Holidays/Altering Recipes for Better Health**  
Monday, Dec 16th - 10-11am  
Thursday, Dec 19th - 1-2pm |

Each lesson includes a nutrition lesson with short food demo and food sample. *Attend a minimum of three classes in the “Healthy Eating” series and get your choice of a slow cooker, electric skillet, or Ninja Food Chopper Express. Additional incentives may be offered for specific topics, such as the turkey lesson.***

***All incentives are limited to one/household.***

All programs are held at the Marathon County UW- Extension, 212 River Drive, Wausau. Registration is required by 4:00pm the day before the class. You must register by Friday for a Monday class. Register online at https://marathon.uwex.edu/family-living or call the FoodWIse office at 715-261-1248. FoodWIse reserves the right to cancel classes with low registration or reschedule classes when a scheduling conflict occurs.

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