

# UW- Extension FoodWise 2019 Healthy Eating Series

<p><b><u>January</u></b>  <b>What Is Healthy Food and How You Can Afford It?</b>            Thursday, Jan 17<sup>th</sup> - 1-2pm            Monday, Jan 21<sup>st</sup> - 10-11am</p>	<p><b><u>February</u></b>  <b>Winter Warm-Ups/            One Dish Meals</b>            Monday, Feb 18<sup>th</sup> - 10-11am            Thursday, Feb 21<sup>st</sup> - 1-2pm</p>	<p><b><u>March</u></b>  <b>Meal Planning to Make Life Simpler</b>            Tuesday, Mar 12<sup>th</sup> - 6-7pm            Monday, Mar 18<sup>th</sup> - 10-11am            Thursday, Mar 21<sup>st</sup> - 1-2pm</p>
<p><b><u>April</u></b>  <b>The Power of Protein</b>            Monday, Apr 15<sup>th</sup> - 10-11am            Thursday, Apr 18<sup>th</sup> - 1-2pm</p>	<p><b><u>May</u></b>  <b>Telling the “Whole Story”            (Whole Grains)</b>            Tuesday, May 14<sup>th</sup> - 6-7pm            Thursday, May 16<sup>th</sup> - 1-2 pm            Monday, May 20<sup>st</sup> - 10-11am</p>	<p><b><u>June</u></b>  <b>Smart Shopping for Fruits and Vegetables</b>            Monday, Jun 17<sup>th</sup> - 10-11am            Thursday, Jun 20<sup>th</sup> - 1-2pm</p>
<p><b><u>July</u></b>  <b>Cool Cooking/Summer Salads</b>            Tuesday, Jul 9<sup>th</sup> - 6-7pm            Monday, Jul 15<sup>th</sup> - 10-11am            Thursday, Jul 18<sup>th</sup> - 1-2pm</p>	<p><b><u>August</u></b>  <b>No Bones About It: Tips to Strengthen Your Bones</b>            Thursday, Aug 15<sup>th</sup> - 1-2pm            Monday, Aug 19<sup>th</sup> - 10-11am</p>	<p><b><u>September</u></b>  <b>Healthy Snacks You Can Afford</b>            Tuesday, Sep 10<sup>th</sup> - 6-7pm            Monday, Sep 16<sup>th</sup> - 10-11am            Thursday, Sep 19<sup>th</sup> - 1-2pm</p>
<p><b><u>October</u></b>  <b>Savor the Flavor of Fall</b>            Thursday, Oct 17<sup>th</sup> - 1-2pm            Monday, Oct 21<sup>st</sup> - 10-11am</p>	<p><b><u>November</u></b>  <b>Let’s Talk Turkey</b>            Tuesday, Nov 12<sup>th</sup> - 6-7pm            Monday, Nov 18<sup>th</sup> - 10-11am            Thursday, Nov 21<sup>st</sup> - 1-2pm</p>	<p><b><u>December</u></b>  <b>Healthy Holidays/ Altering Recipes for Better Health</b>            Monday, Dec 16<sup>th</sup> - 10-11am            Thursday, Dec 19<sup>th</sup> - 1-2pm</p>

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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