

# HEALTHY EATING FOR BUSY FAMILIES



**UW-EXTENSION IS OFFERING A FUN, THREE LESSON SERIES TO HELP YOU GET YOUR FAMILY ON THE ROAD TO HEALTHY EATING.**

## **“STRETCHING YOUR FOOD DOLLARS”** —

*Thomas Jefferson Elementary — Thursday, January 5th~ 4:00-5:15pm*

*Lincoln Elementary — Tuesday, January 17th~ 6:00– 7:15pm*

*Hawthorn Hills Elementary — Monday, February 27th~ 3:45-5:00 pm*

Learn how to how to save money on food while still getting the best nutrition for your dollar. \*Lesson participants will receive a financial management slider calculator and kid’s storybook.

## **“FEEDING FOR HEALTHY EATING”** —

*Thomas Jefferson Elementary — Thursday, January 12th~ 4:00-5:15pm*

*Lincoln Elementary — Wednesday, January 25th~ 6:00– 7:15pm*

*Hawthorn Hills Elementary — Monday, March 6th~ 3:45-5:00 pm*

Eating more fruits and vegetables is the key to remaining healthy while living longer. Learn new ideas for snacks, and tips for working with a picky eater and cooking with kids. \*Participants will receive a fun kids’ cookbook.

## **“MAKING ONE-DISH MEALS”** —

*Thomas Jefferson Elementary — Thursday, January 19th~ 4:00-5:15pm*

*Lincoln Elementary — Tuesday, January 31st~ 6:00– 7:15pm*

*Hawthorn Hills Elementary — Monday, March 13th~ 3:45-5:00 pm*

In this food demo, learn simple food preparation tips that will help you make better tasting and healthier family meals while saving both time and money. \*Participants will receive a small bag of groceries to make the featured recipe at home.

**\*\*\*ATTEND ALL THREE CLASSES AND RECEIVE AN ELECTRIC SKILLET**

Participants **must** be registered at least two days before the class to attend.

Please call Tammy Hansen at 715-261-1248 to register.