

In honor of National Nutrition Month, a variety of classes led by senior nutrition students from Central Michigan University will be featured at Senior Services. Attend any one, or move around the county to catch them all!

eat right. Academy of Nutrition and Dietetics



GO FURTHER with FOOD

NATIONAL NUTRITION MONTH® 2018



Healthy Trail Mix

By Thomas Mudge Jr

Friday, March 2, 11:00am

Sanford at Trailside Kitchen

Learn to make a tasty snack, full of nutritious ingredients and taste test the result!

Is Coffee a Superfood?

By Jacob Burger

Note two locations and times

Friday, March 9, 10:30am

at Greendale

Friday, March 9, 12:30pm

at Trailside

How much do you know about caffeine, coffee, and what current research tells us about America's favorite beverage? Come and get the straight scoop!

Milk: So Many Choices—Which is Best? *By Thomas Mudge Jr*

Friday, March 16, 11:30am *Mills*

Whole milk or skim? Almond milk or soy? Learn more about the options and what to look for when you choose milk at the grocery store. Trail Mix recipes also available. Handouts will be available.

Simple Microwave Recipes for One *By Aimee Kalczuk*

Friday, March 23, 10:30am *Sanford at Trailside Kitchen*

Are you cooking for just one or two people?

Sometimes in a rush to get a good meal on the table? Microwave meals and recipes can be a great way to do all that and eat nutritiously too. Get simple recipes and microwave safety tips, and get cooking!

Gut Feelings: A Natural Approach to Gastric Reflux & Heartburn *By Jacob Burger*

Friday, March 23, 12:40pm *Coleman*

Many people struggle with heartburn and reflux. Learn about causes and some ways to combat the problem without medication.

Recipes with Leftovers *By Aimee Kalczuk*

Friday, April 20, 12:30pm *Sanford at Trailside Kitchen*

Get great tips and ideas on how to reuse and reinvent leftover food, thereby lowering your food bill and reducing waste!

To reserve a seat, call the Activity and Dining Center of your choice at least one day before the presentation. We encourage you to come for lunch the day of the program. To make a lunch reservation, call the center you plan to attend before 9:00am on that day.