EAT WELL FOR LESS: WORKSHOPS FOR A HEALTHY LIFESTYLE

If living a healthier lifestyle is one of your goals, this series is for you. There will be five workshops, each lasting 1 hour and containing activities and handouts, designed to help you make healthier choices. You will have an opportunity to learn about foods to increase, foods to decrease, how to balance calories, how to make quick and easy meals and many more nutrition related topics.

**MAY 12, 2014  NUTRITION KNOW HOW—MYPLATE**

Learn how to eat healthy without spending a lot of money, what it means to eat healthy foods, the importance of breakfast for adults & children, portion control to prevent weight gain, and much more.

**MAY 19, 2014  COOK IT QUICK**

Learn how to prepare simple, healthy and delicious food for you and your family. Cook it Quick keeps it simple—simple healthy preparation techniques, simple ingredients and simple equipment.

**JUNE 2, 2014  GETTING FRESH WITH VEGETABLES**

Learn how to increase the amount of vegetables in the diet. Vegetables provide nutrients we can’t get from other foods plus they are low in calories and high in fiber.

**JUNE 9, 2014  THE GARDEN GROCERY—SHOPPING SECRETS**

The importance of choosing fruits and vegetables, how to grow your own vegetables, how to plan and shop for food and get the best nutrition for less, how to read the food label, and making smart beverage choices.

**JUNE 16, 2014  WAYS TO BE ACTIVE  ALL YEAR LONG**

It's the little things that you do each day that add up to being healthy and fit. Learn how to be active everyday, using a fitness log, playing games with the family or walking.

**LOCATION: UNITED METHODIST CHURCH**

101 NORTH ST, WALTON, NY  •  TIME: 6:00—7:00 PM

Register by calling 607-865-6531 or email vsd22@cornell.edu