



# Healthy Cooking Classes

Led by HealthPoint Nutritional Services  
Coordinator Raina Childers, MS, RD, LD



## 2018 Classes • 6 – 7:15 p.m. • HealthPoint – Cape

### MONDAY, JANUARY 22

#### *Stew Redo*

Stew is hearty and warm, that's for sure. But its basic simplicity can be taken in new directions. Join us for a fresh and healthy look at this cold weather favorite.

### MONDAY, FEBRUARY 19

#### *Citrus A-Peel*

This time of year, these nutrition powerhouses are in their prime. There are many ways, both cold and hot, to enjoy this sweet and sour group of fruits that come in their own packaging. Come see what they offer for your table!

### MONDAY, MARCH 19

#### *Celebrating the Green*

Greens are plentiful, fiber filled and delicious – so many to choose from and so little time. The produce section is full of options most of us have never prepared. Could this celebration of the “greens” bring new variety to your meals?

### MONDAY, APRIL 23

#### *Eating for Performance*

There is good science behind healthy eating before and after exercise. It doesn't have to be boring or confusing. Basic foods combined and timed just right can help you get the most out of your workouts.

### MONDAY, MAY 21

#### *Meatless Monday*

Occasionally skipping the meat in your meals can have many benefits for your wallet and your health. Surprisingly satisfying, meals that are plant based are easy and economical. Of course, delicious is always on the table...

### MONDAY, JUNE 18

#### *Healthy BBQ Side Dishes*

The grill is hot and the meat is sizzling. Now it's time to pair your main course with some tasty sides. Healthy and delicious can exist at a BBQ. Come enjoy some easy recipes.

### MONDAY, JULY 23

#### *Summer Stone Fruit Sensations*

Peaches, nectarines, plums and apricots are treasures of summer. Juicy and fresh off the tree or grilled to perfection, learn about the many ways to enjoy them.

### MONDAY, AUGUST 20

#### *Tex-Mex to the Max*

It's not just an expression, this cooking style is delicious and a favorite even in southeast Missouri! Known for its high flavor, as well as high calories, “swap-ortunities” can make this fare lighter. Check out our healthy take on these spicy and fun foods.

### MONDAY, SEPTEMBER 17

#### *Sandwich Savvy*

Whether you layer, wrap, stuff or stack, there are few foods that stir up yummy thoughts like a sandwich. But today, they can be a great way to get healthy carbohydrates, protein and good fats into your meals with a bit of portability.

### MONDAY, OCTOBER 22

#### *You Say Potato...*

Potassium, Vitamin C and fiber filled, these little delights are versatile, economical and delicious. Come check out how to take a variety of potatoes to the next level in cooking.

### MONDAY, NOVEMBER 19

#### *Healthy Thanksgiving Side Dishes*

Start some new family traditions by lightening the calorie load in this traditional holiday meal. Flavor won't be spared and you will have something extra to be thankful for.



**No Cooking Classes during  
the busy month of December. Happy Holidays!**

**Cost per class is \$3 for HealthPoint members and \$5 for non-members.**

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