



CENT\$IBLE NUTRITION SERIES

Sponsored by the Narragansett Indian Health Center in partnership with URI SNAP-Ed...

Learn about making healthy food choices on a budget

What: 6 weekly classes: Jan 4, 2022, Jan 11, Jan 18, Jan 25, Feb 1, Feb 8

When: Tuesdays, 5-6 PM (Live Workshop & Recipe Video)

Where: Your own home or office-tune into the Zoom call

How: Contact Joanna Raymond MS, RDN, LDN, to register and receive Zoom link

Email: joanna_procopio@uri.edu

Phone: 401-277-5391 or call Susan Bradanini, RN, OCHP Supervisor at 401-364-1263 ext. 123

Topics

1. MyPlate/\$10 Dinner Challenge
2. Fruits & Vegetables/Meal Planning & Grocery Shopping
3. Whole Grains/Unit Price
4. Healthy Drinks/Label Reading/Physical Activity
5. Fats & Fast Food
6. Healthy Substitutions & Goal Setting

Attend a zoom class and receive a \$10.00 gift card from NIHC for grocery shopping and a gift from SNAP. Pick up the gift card/gift the day after the class at NIHC. Please call Susan at the number above to schedule your pick-up time.