



2023 CENT\$IBLE NUTRITION SERIES

Learn about making healthy food choices on a budget

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

What: Weekly classes: Jan 10, Jan 17, Jan 24, Jan 31, Feb 7, Feb 14

When: Tuesdays, 5:30-6:30 PM (Live Virtual 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. Healthy Habits in the New Year
2. Meal Planning 101
3. Whole Grains/Unit Price
4. Healthy Drinks
5. Fats & Physical Activity
6. Immune Boosting Foods

Receive a gift from SNAP-Ed and a \$10.00 gift card from NIHC, as an incentive to attend this weekly ZOOM meeting. Please arrange to pick up the gift and gift card from NIHC on the day after the class by calling 401.364.1263 ext. 123 or 223. You must attend the full hour-long class to receive the gifts.