

2013 Healthy Columbus Healthy Eating Programs

All programs are free; registration is required (see the back of this page for registration information)

30 Minute Flash Seminar: These seminars are taught by a Registered Dietitian with optional 15 minute Q&A session for participants that wish to stay. Light snacks will be served. Participants are encouraged to bring a lunch.

- May 23rd - 240 Parsons Ave. 12-12:30 *Healthy Eating for a Healthy Weight*
- June 20th 77 N. Front St. 12-12:30 *Smart Snacks*
- June 6th 910 Dublin Rd. 12-12:30 *Smart Snacks*
- July 11th 1250 Fairwood Ave. 12-12:30 *Smart Choices When Dining Out*
- July 25th 77 N. Front St. 12-12:30 *Smart Choices When Dining Out*
- August 1st Columbus Public Health 12-12:30 *Portion Distortion*
- August 29th 77 N. Front St. 12-12:30 *Portion Distortion*
- September 5th 1111 E. Broad St. 12-12:30 *A Week of Healthy Eats*
- September 19th 77 N. Front St. 12-12:30 *A Week of Healthy Eats*
- October 3rd 757 Carolyn Ave. 12-12:30 *Eating for Weight Loss*
- October 17th 77 N. Front St. 12-12:30 *Eating for Weight Loss*
- November 14th Municipal Courts 12-12:30 *Maintain, Don't Gain During the Holidays*
- November 21st 77 N. Front St. 12-12:30 *Maintain Don't Gain During the Holidays*
- December 5th Fire Training Academy 12-12:30 *Healthy Holiday Recipes*
- December 19th 77 N. Front St. 12-12:30 *Healthy Holiday Recips*

60 Minute Nutrition Class: Taught by a Registered Dietitian, these classes explore more in-depth coverage of the topic. Light snacks will be served. All classes below are from 12:00-1:00 at Columbus Public Health

- May 30th - *Eat This, Not That*
- June 26th - *Mindful Eating for the Mindless Eater*
- July 31st - *Superfoods and Phytonutrients*
- August 28th - *Carbohydrates, Proteins and Fats, Oh My!*
- September 25th - *Stretching your Food Dollar*
- October 30th - *Understanding Supplements*
- November 20th - *Spice Up Your Kitchen*
- December 18th - *Today's Hot Topics: Organics, Gluten Free and Sugars*

Grocery Store Tour: This tour is just for City of Columbus employees! Explore the Giant Eagle Market District store with their Registered Dietitian and learn to how to fill your cart with healthy foods without breaking the bank! Family members may register if the class is not full.

- May 14th, 6-7pm; Giant Eagle Market District (Upper Arlington) *Healthy Eating on Budget*. Meet at the concierge desk.
- July 16th, 11am-11:30pm; Giant Eagle Market District (Upper Arlington) *Healthy Eating on the Go*. Meet at the concierge desk.

Cooking Demonstration: This cooking demo is just for City of Columbus employees! The Head Chef will prepare several tasty gluten-free samples while a Registered Dietitian discusses the health benefits of reducing gluten in your diet. Family members may register if the class is not full.

- May 21st 6-7pm; Giant Eagle Market District (Upper Arlington) *Healthy Gluten Free Meals*. Meet at the Demo Kitchen
- June 11th, 6-7pm; Giant Eagle Market District (Upper Arlington) *Healthy Summer Grilling*. Meet at the Demo Kitchen

Registration is mandatory-call 645-8049 or email slwade@columbus.gov to sign up.

Space is limited for all programs.

More details are available at www.hr.columbus.gov/healthycolumbus

