



Nutrition on the Go!

Fall 2009 – West Campus

Program Description:

Join JoAnn Miller, MS, RD, LD, for four sessions on quick, healthy eating. We will discuss healthy snacks, eating out, quick meals at home and lunch ideas with a focus on finding healthy foods to fit our busy lifestyles. Some sessions will include food samples and recipes.

Class Objectives:

- Discuss strategies for eating on the run
- List “grab and go” snacks for you/your family
- Create quick “recipes” for meals at home
- Identify best food choices when eating out and resources to help with making food choices

Class Date, Time & Location:

October 1 - Quick Healthy Snacks

October 8 – Easy Healthy Brown Bag

October 15 – Meal Planning for Dinnertime

October 22 – Dining Out and Social Settings: Tips & Tricks

*All classes are held on Thursdays from 12:15-12:45p.m.
at UIHC 7218 Atrium A/B (7th Floor, Elevator F)

Pre-Registration required. Class size limited to first 30 registrants. Please contact the **liveWELL** office at 353-2973 with questions. To register, log on to your Self-Service. In “My Training,” enter “Nutrition” or the class date and register for the sessions that you can attend.

Individuals with disability are encouraged to attend all The University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact UI Wellness at 319-353-2973.