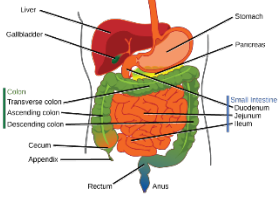









NUTRITION & COOKING CLASSES

SPONSORED BY THE GI RECREATION DEPARTMENT
 JANUARY, FEBRUARY, MARCH 2024

See online registration link below!

Class Title		Description	Date/Time
<p>Immune Boosters & Busters</p>		<p>Are you looking for ways to strengthen your immune system, at home, in your kitchen? This class explores foods and habits that can boost or deplete our immune system. Hear the latest research behind immunity, gut health, and what you can do to protect yourself and your loved ones.</p>	<p>Saturday 1/13/24 10AM-Noon</p>
<p>Food Addiction 911</p>		<p>Are you struggling with cravings? Do you find yourself eating foods that you know aren't good for you, but you can't seem to stop? Do you sometimes feel controlled by food? Learn to identify the root cause of cravings and overcome them with powerful strategies to tackle them then they occur.</p>	<p>Saturday 1/27/24 10AM - Noon</p>
<p>Revamp Your Kitchen: Healthy Meal Preps</p>		<p>Do you wish you could go out to eat less, but are not sure how to plan meals from home? Are you looking to save money, while also eating healthier? Confused about how to put delicious meals together easily? Never dread the question of "What's for dinner?" again! This class will teach you how to organize your pantry and refrigerator, prep for the week, put meals together and pair different recipes so you maximize nutrition.</p>	<p>Thursday 2/1/24 6PM – 8PM</p>

<p>New! Cookware Matters! Let's test yours!</p>		<p>Cookware matters! What is touching your food during the cooking process and is that surface adding toxins to your body, changing the chemistry of your food, and/or robbing you of vitamins and nutrients? We will discuss all types of cookware. Please bring 1-2 of your favorite pots/pans from home! Someone please bring an Insta-Pot. Let's test them!</p>	<p>Saturday 2/10/24 10AM - NOON</p>
<p>Sleep Better! Stress Less!</p>		<p>Do you struggle with poor sleep quality, sleep apnea, or sluggishness during the day? Find out how more and more research is being released on sleep and what a powerful effect it has on our daily health.</p>	<p>Thursday 2/29/24 6PM – 8PM</p>
<p>Food Addiction 911</p>		<p>Are you struggling with cravings? Do you find yourself eating foods that you know aren't good for you, but you can't seem to stop? Do you sometimes feel controlled by food? Learn to identify the root cause of cravings and overcome them with powerful strategies to tackle them then they occur.</p>	<p>Saturday 3/9/24 10AM - NOON</p>
<p>Revamp Your Kitchen: Healthy Meal Preps</p>		<p>Do you wish you could go out to eat less, but are not sure how to plan meals from home? Are you looking to save money, while also eating healthier? Confused about how to put delicious meals together easily? Never dread the question of "What's for dinner?" again! This class will teach you how to organize your pantry and refrigerator, prep for the week, put meals together and pair different recipes so you maximize nutrition.</p>	<p>Thursday 3/21/24 6PM – 8PM</p>

<p>Sleep Better! Stress Less!</p>		<p><i>Do you struggle with poor sleep quality, sleep apnea, or sluggishness during the day? Find out how more and more research is being released on sleep and what a powerful effect it has on our daily health.</i></p>	<p>Saturday 3/23/24 10AM – NOON</p>
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Register In Advance!

Go to www.grandislandny.myrec.com

Sponsored by the GI Recreation Department

\$15 PP Residents/ \$20 PP Non-Residents

Held at the GI Recreation Community Center

Nike Base Park, 3278 Whitehaven Rd., Grand Island, NY 14072

Classes are approved and taught by a Certified Nutrition Instructor from the Food Saved Me Institute. Classes includes videos, cooking demonstration, a beautiful full color class booklet including all the science presented and recipes, plus complimentary food sampling!



Elizabeth Kovacs

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For information on the Food Saved Me Institute, go to

<https://foodsavedme.institute>

Bridging the education gap in nutrition science & disease prevention.