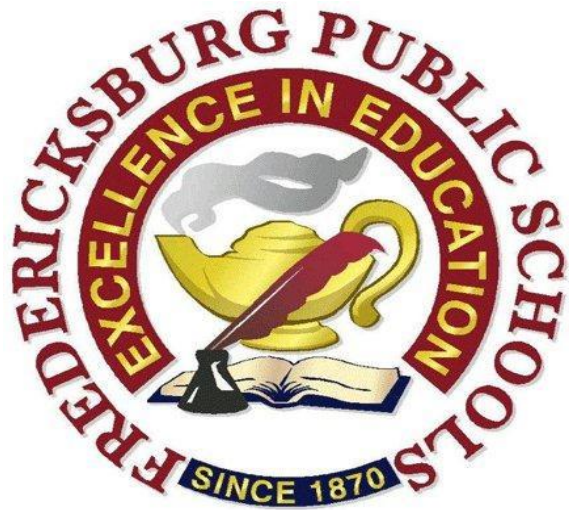




**Mary Washington
Healthcare**

Community Benefit



“Fun Food Academy”

*When: Monthly - 1/22, 2/19, 3/19 {HMES}, 4/16, 5/14 and 6/11 {5 p.m. - 6:30 p.m.}
June 14 - Farmers Market Shopping Trip*

Where: Original Walker Grant Cafeteria/Kitchen

Goals: Introduction to: “Myplate Initiative”

Shopping tips

Cooking techniques

Recipes and sampling

1/22 – “My Plate” - Introduce the daily Nutritional needs of a child

2/19 – Fruits & Vegetables – Make it easy and automatic

3/19 – Whole Grains – Start the change without the “scare”

4/16 – Processed Foods – “Just do it yourself”!! It’s easy!!

5/14 – Proteins: Not just Meat & Cheese.. Healthier Alternatives

6/11 – Snacks – Moderation without all of the sugar

6/14 – Trip to the Farmers Market for shopping and a picnic...