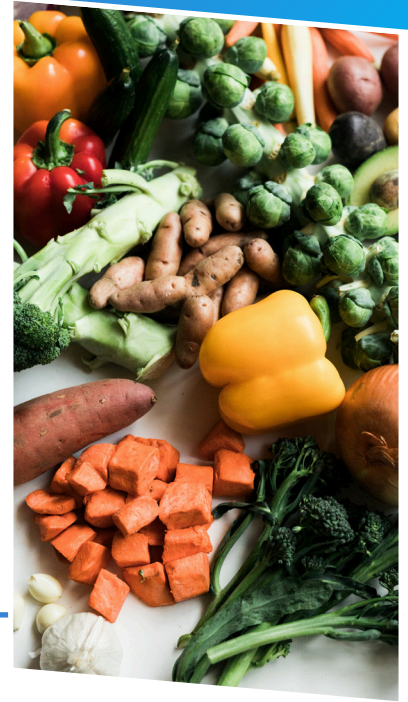




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOOD FOR LIFE VIRTUAL COOKING CLASS

JOIN THE Y AND THE ROOTED DISH
FOR 4-WEEKS OF PLANT BASED
BASICS STARTING JUNE 9TH!



IN PARTNERSHIP WITH:



Plant-based foods can help you improve your health, manage your weight and help with chronic diseases like high blood pressure, high cholesterol, heart disease and diabetes. This 4-week series will:

- teach you why eating more fruits, vegetables, grains and beans are great for your body;
- give you simple nutritious recipes that use common ingredients;
- include cooking demonstrations of at least 3 recipes per class;
- provide you an opportunity to a Q&A with a live instructor that has been vegan for almost 10 years;
- give you the support from other people in class looking to make healthy changes; and
- include recipe, meal planning, and nutrition handouts.

SAVE THE DATE

6/9

The Power Of Your Plate

(Apple Cinnamon Oatmeal, Zesty White Bean Dip, Yes-You-Can Black Bean Chili)

6/16

How Foods Fight Diabetes

(Good-Enough-For-Guests Green Salad, Zesty Corn Edamame Salad, Cuban Lime Rice)

6/23

Foods For A Healthy Weight

(Fruited Breakfast Quinoa, Hummus and Sun-Dried Tomato Wrap, Speedy Veggie Pasta Dinner)

6/30

How Foods Fight Heart Disease

(Braised Collard Greens, Fiesta Black Bean Dip, Sweet Potato Lentil Curry)

6:00pm - 8:30pm via Zoom (class link will be sent prior to class)

(\$10 for members, \$25 for non-members) **Any questions?** E-mail Health@ymcadc.org.



**CLICK HERE
TO REGISTER**