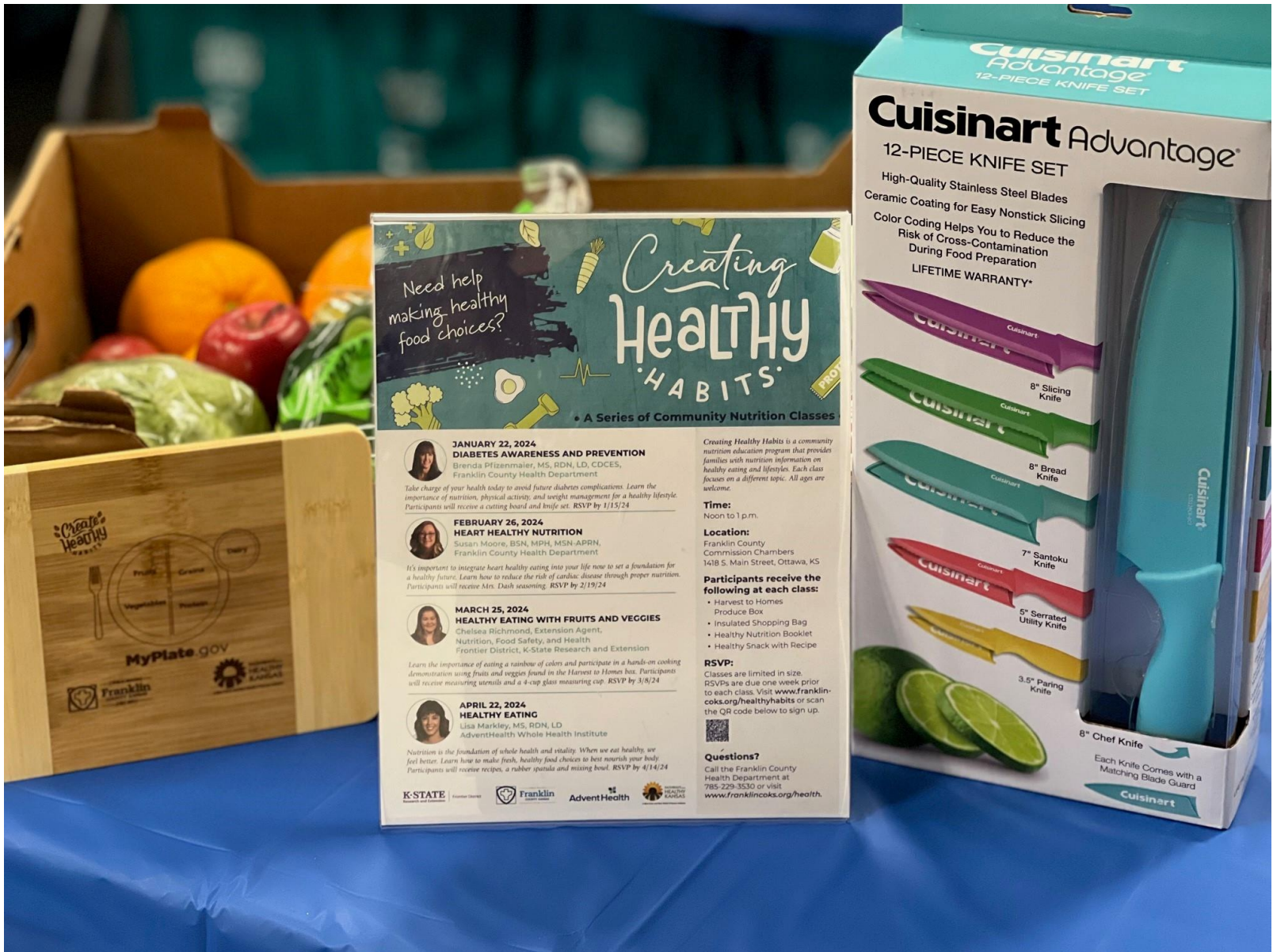




Shiela Robertson and Ashlea Confer showing of the produce everyone received



Need help making healthy food choices?

Creating Healthy Habits

A Series of Community Nutrition Classes

JANUARY 22, 2024
DIABETES AWARENESS AND PREVENTION
 Brenda Pfizmaier, MS, RDN, LD, CDCES,
 Franklin County Health Department
Take charge of your health today to avoid future diabetes complications. Learn the importance of nutrition, physical activity, and weight management for a healthy lifestyle. Participants will receive a cutting board and knife set. RSVP by 1/15/24.

FEBRUARY 26, 2024
HEART HEALTHY NUTRITION
 Susan Moore, BSN, MPH, MSN, APRN,
 Franklin County Health Department
It's important to integrate heart healthy eating into your life now to set a foundation for a healthy future. Learn how to reduce the risk of cardiac disease through proper nutrition. Participants will receive Mrs. Dash seasoning. RSVP by 2/19/24.

MARCH 25, 2024
HEALTHY EATING WITH FRUITS AND VEGGIES
 Chelsea Richmond, Extension Agent,
 Nutrition, Food Safety, and Health
 Frontier District, K-State Research and Extension
Learn the importance of eating a rainbow of colors and participate in a hands-on cooking demonstration using fruits and veggies found in the Harvest to Home box. Participants will receive measuring utensils and a 4-cup glass measuring cup. RSVP by 3/14/24.

APRIL 22, 2024
HEALTHY EATING
 Lisa Markley, MS, RDN, LD
 AdventHealth Whole Health Institute
Nutrition is the foundation of whole health and vitality. When we eat healthy, we feel better. Learn how to make fresh, healthy food choices to best nourish your body. Participants will receive recipes, a rubber spatula and mixing bowl. RSVP by 4/14/24.

Creating Healthy Habits is a community nutrition education program that provides families with nutrition information on healthy eating and lifestyles. Each class focuses on a different topic. All ages are welcome.

Time: Noon to 1 p.m.
Location: Franklin County Commission Chambers 1418 S. Main Street, Ottawa, KS

Participants receive the following at each class:

- Harvest to Homes Produce Box
- Insulated Shopping Bag
- Healthy Nutrition Booklet
- Healthy Snack with Recipe

RSVP: Classes are limited in size. RSVPs are due one week prior to each class. Visit www.franklincocks.org/healthyhabits or scan the QR code below to sign up.

Questions? Call the Franklin County Health Department at 785-229-3530 or visit www.franklincocks.org/health.

Cuisinart Advantage
 12-PIECE KNIFE SET

Cuisinart Advantage

12-PIECE KNIFE SET

High-Quality Stainless Steel Blades
 Ceramic Coating for Easy Nonstick Slicing
 Color Coding Helps You to Reduce the Risk of Cross-Contamination During Food Preparation
 LIFETIME WARRANTY*

8" Slicing Knife
 8" Bread Knife
 7" Santoku Knife
 5" Serrated Utility Knife
 3.5" Paring Knife
 8" Chef Knife

Each Knife Comes with a Matching Blade Guard

Knives and cutting board came with the fruits and veggies