

All sessions are held at:
University of Illinois
Kendall County Extension
7775B IL Rt 47
Yorkville IL 60560

Instructor:

Anne Lietz, Registered Dietitian
Academic Hourly
Nutrition and Wellness
University of Illinois Extension

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If you require special disability accommodations or have dietary restrictions, please contact the Extension office at 630-553-5823.

University of Illinois Extension
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7775B IL RT 47
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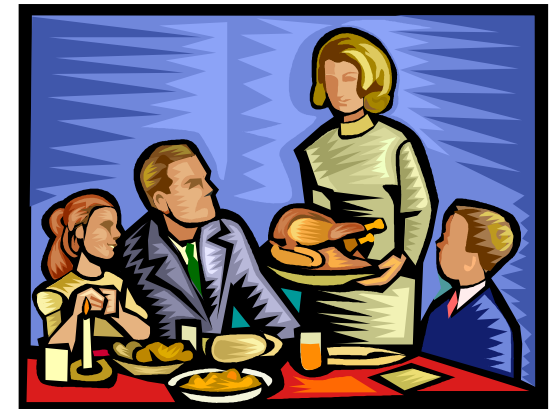
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UNIVERSITY OF ILLINOIS
EXTENSION

Nutrition and Wellness Programs



Fall
2009



At each session you will ...

- Gain knowledge to improve your health
- Get recipes and shopping tips
- Receive a packet of fact sheets

Enroll Today

- Use the attached form to register.
- Class size is limited.
- Please register at least one week prior to session date.
- Session will be cancelled if enrollment is insufficient.
- Cost is \$10.00 per session or \$25.00 for all three.
- All sessions run from 11:00am-Noon

Tuesday September 22, 2009

Recipe Modification

11:00am-12:00pm

Recreating a recipe doesn't have to mean decreasing the quality or taste of the item. Modifications of recipes can be made to improve the nutrient content, while decreasing the fat, sugar and sodium. In this session you will learn how to give your favorite dish a "face-lift."

Tuesday October 20, 2009

Fantastic Family Meals

11:00am-12:00pm

With today's busy lifestyles, eating together as a family is a challenge for many of us. Simple meals can be healthy and give you more family time. In this session, we will explore some wonderful dishes that can be prepared in 30 minutes or less.

Tuesday November 17, 2009

Holiday Food Safety

11:00am-12:00pm

The holiday season can put people at special risk for Food Borne illnesses. Refrigerators and dining rooms are full and celebrations are plentiful. This session will focus on some simple food safety practices that will keep you and your family healthy.

Registration Form

Please make _____ reservation(s) for

___Recipe Modification
Tuesday September 22, 2009

___Fantastic Family Meals
Tuesday October 20, 2009

___Holiday Food Safety
Tuesday November 17, 2009

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\$25.00 for all three.**

Enclosed is my check, payable to
Kendall County Extension.

Name(s) _____

Address _____

City _____

State _____ Zip _____

Phone _____

County _____

Amount Enclosed \$ _____

Mail to:
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7775B IL Rt 47
Yorkville IL 60560