

KITCHEN RX:

Cooking for Better Health

Program series made possible by the Mary McClellan Foundation



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AT SALEM FAMILY HEALTH



1830 County Route 64
Salem, NY 12865



FOOD FOR A HEALTHY HEART

Wednesday, June 18 at 12 p.m.

Teacher: Kelsey Southerland, Food for Life Instructor

Cardiovascular disease is the leading cause of death in the United States and around the world. Research shows that a plant-based diet not only prevents heart disease but can manage and sometimes even reverse it. Learn how healthy eating habits and other lifestyle factors contribute to heart health.



THE POWER OF FIBER AND FOOD FOR DIGESTIVE HEALTH

Wednesday, July 23 at 12 p.m.

Teacher: Kelsey Southerland, Food for Life Instructor

Discover the power of fiber and the incredible role plant-based foods play in metabolic health and weight management, digestive health, your immune system and more. Start to explore the microbiome and learn how fiber influences our well-being.



POWER FOODS FOR THE BRAIN

Wednesday, August 6 at 12 p.m.

Teacher: Kelsey Southerland, Food for Life Instructor

Plant-based foods are beneficial to the brain and may help prevent Alzheimer's disease and other forms of dementia. A decline in brain health is not an inevitable part of aging; how we eat and live can help us protect our memory and stay sharp into old age. In this class, you will learn strategies for maintaining memory and improving brain function, including how to prepare meals that promote brain health.

Continued on back

Free for all patients
and community members



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HEALTHY SUBSTITUTES FOR CLASSIC RECIPES

Wednesday, September 10 at 12 p.m.

Teachers: Karen Fidd, RN and Deb Shay, RN

Eating healthy doesn't mean you have to sacrifice classic recipes you know and love! Substituting healthier ingredients for common recipe staples can make a big difference in nutritional value while keeping your tastebuds satisfied. In this class, you'll learn how to make healthier versions of your favorite recipes and will learn the "why" behind the ingredient swaps.



I HAVE TO MAKE DINNER AGAIN?

Tuesday, October 7 at 1 p.m.

Teacher: Jamie Martin, RD, CDN

Feeding your family every night can sometimes feel like a burden. With busy schedules, it's easy to turn to processed foods or restaurants, but cooking at home reduces costs and improves overall health. This class will offer helpful ideas for meal planning, prepping ingredients and tailoring your family's meals to meet preferences and nutritional needs.



BUILDING STRONGER BONES

Tuesday, November 11 at 1 p.m.

Teacher: Jamie Martin, RD, CDN

Did you know that diet and lifestyle play a significant role in bone health? This class will review the importance of calcium and vitamin D and discuss foods that are good sources of each. Together, we will make two easy snacks that are high in calcium.

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DAKE FAMILY

Teaching Kitchen AT SALEM FAMILY HEALTH



Our brand new Teaching Kitchen in Salem offers free nutrition classes for all Hudson Headwaters patients and community members. Space is limited so make sure to reserve your spot. Scan the QR code at the bottom to sign up today.

To learn more about Salem Family Health and our Nutrition Counseling and Diabetes Education Services, visit our website: HHN.org



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