



# Nutrition Education Classes

Washington Park- 3130 E 30<sup>th</sup> St, 46218 | Rhodius Park-1720 W Wilkins St, 46221

Municipal Gardens- 1831 Lafayette Rd, 46222 | Haughville Library- 2121 W Michigan St, 46222

Riverside Park- 2420 E Riverside Dr, 46208 | Douglass Park- 1616 E 25<sup>th</sup> St, 46218

## Power of Plant-Based Eating.

What is plant-based eating and why should you try it? It does not mean avoid eating animal products altogether, rather, there is an emphasis on including more plant foods. Studies show that eating plant-based meals can help improve your blood pressure, heart health, and may reduce your risk for certain chronic diseases. Join us this month to learn more about small steps you can take for a more plant forward eating pattern.

Douglass Park – 08/08/24 (11am) | Haughville Library - 08/13/24 (12pm)  
Rhodius Park – 08/15/24 (5:30pm)  
Municipal Gardens – 08/20/24 (12:30pm) | Riverside Park - 08/21/24 (12pm)

## What's up With Whole Grains?

The Dietary Guidelines for Americans recommend that half of all the grains you eat should be whole grains. Only about 10% of adults meet that recommendation! Eating more whole grains means more than just choosing whole grain bread. Join us this month to learn about the benefits of eating more whole grains and how you can begin to incorporate them into your meals.

Haughville Library – 09/10/24 (12pm) | Douglass Park – 09/12/24 (11am)  
Rhodius Park – 09/12/24 (5:30pm) | Mun. Gardens – 09/17/24 (12:30pm)  
Washington Park – 09/18/24 (12pm) | Riverside Park – 09/18/24 (12pm)

## SPICE it up!

Spices and herbs have a long, rich history. The impact they've had on society since the spice trade to the present day highlights their importance across all cultures. Spices and herbs can help add flavor to our meals without increasing our sodium intake... and the benefits don't stop there! Join us this month to learn about various spices and how you can use them to SPICE up your meals.

Haughville Library – 10/08/24 (12pm) | Douglass Park – 10/10/24 (11am)  
Rhodius Park – 10/10/24 (5:30pm)  
Mun. Gardens – 10/15/24 (12:30pm) | Riverside Park – 10/16/24 (12pm)

Classes are **FREE** to Marion County residents. Registration is required. Attendees will receive food samples/recipes and a chance to win fun giveaway items. Call **Indy Parks** (317-327-7275) or **Haughville Library** (317-275-4420) for more info on registering **OR** sign up on their website. **Scan** the QR code for nutritious recipes!





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## Health for the Holidays.

Food is a big part of many holiday traditions and celebrations, and often brings people together. And that's the way it should be! But often during the holiday season, we are less mindful about the health habits that keep us energized and at our best. Join us this month as we share our favorite holiday recipes and some healthful ways to celebrate this holiday season.

Haughville Library – 11/12/24 (12pm) | Douglass Park – 11/14/24 (11am)  
Rhodius Park – 11/14/24 (5:30pm) | Mun. Gardens – 11/19/24 (12:30pm)  
Washington Park – 11/20/24 (12pm) | Riverside Park – 11/20/24 (12pm)

## SUPER soups.

There is a reason that we tend to think of soups as a healing comfort food. Soup is an easy way to provide our body with the nourishment it needs to fight off illness and keep us well. Soups can offer variety that is not easily replicated by other types of meals. From the broth-based soups to hearty stews, soups have a lot to offer. Join us this month to be inspired with more ways to add nutritious soups to your recipe book!

Haughville Library – 12/10/24 (12pm) | Douglass Park – 12/12/24 (11am)  
Rhodius Park – 12/12/24 (5:30pm)  
Mun. Gardens – 12/17/24 (12:30pm) | Riverside Park -12/18/24 (12pm)

## Fueling your Day.

Day to day responsibilities can take a lot out of us, so it is important to fuel yourself well throughout the day to maximize your energy levels. While food is our body's main form of fuel, there are other things that impact how you feel throughout the day like sleep and movement. Come and learn tips on how to provide your body with the premium fuel it needs.

Douglass Park – 1/09/24 (11am) | Haughville Library – 01/14/25 (12pm)  
Rhodius Park – 01/16/25 (5:30pm) | Mun. Gardens – 01/21/25 (12:30pm)  
Washington Park – 01/22/25 (12pm) | Riverside Park – 01/22/25 (1pm)

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