



HEALTHY FOR LIFE

This is a community-based nutrition and well-being program developed by the American Heart Association. Each class will feature a short lesson, cooking demonstration and recipe sampling. Cost is \$5 per person/per class. Space is limited, please sign up in advance. Classes are 11:15P.M.-12:15 P.M.

Program presented by UF/IFAS Extension:
Lori Johnson, Family & Consumer Science Agent, Lake
County

Andrea Nikolai, Family & Consumer Science Agent,
Polk County

CLASS SCHEDULE

January 3rd-Pantry Makeover: Black-Eyed Pea Corn
and Rice Salad

January 10th-Snack Smarter: Caprese Avocado Toast

January 17th-World of Spices: Veggie Gumbo

January 24th-Pick a Protein: Cottage Cheese Very
Blueberry Pancakes

January 31st-Beans & Rice a Complete Protein:
Mexican Bean Stew with Rice

February 7th-Healthy Ingredient Swap: Chocolate
Avocado-Chia Pudding

UF | **IFAS Extension**
UNIVERSITY of FLORIDA