



**Bridges to Growth Announces:**

# **Nutrition Classes Taught by Hope van der Heijden, Registered Dietitian**



**Thursday, January 26, 2012, 6:30 – 8:00 pm, “Healthy From the Start,” \$15 per person.** Built on solid research about the importance of establishing healthy eating habits in children, this class is designed to empower parents and caregivers to foster a love of nutritious foods in children. In this interactive class, participants will discover practical tips and activity ideas designed to involve children in making healthy food choices. This class is designed for parents and caregivers of children 5 and younger.

**Tuesday, February 21, 2012, 6:30 – 8:00 pm, “Fast, Fresh and Fabulous,” \$15 per person.** Whether you feel overwhelmed by planning and cooking dinner or simply need some new ideas, this class is for you! Using the foundation of basic recipes, learn how to plan, shop for and prepare nutritious, delicious meals in minimal time. Participants will leave this class equipped with recipes, pantry and freezer lists, and a customizable shopping list template. Be prepared to be inspired and ready to answer the “What’s For Dinner?” question.

**Community Resource Center  
805 W. University Avenue  
Georgetown**

**Please pre-register: (512) 864-3008**