

FOOD FOR FAMILIES

MAKING HEALTHY EATING WORK

Andrea Wool, a functional wellness practitioner specializing in fitness and nutrition, will offer a two-part educational series aimed at helping families answer the age-old question:

How can I cook quick, healthy meals that the whole family will enjoy?

To learn more about Andrea Wool, visit her website at thrivefunctional.com or contact her at andrea@thrivefunctional.com.



Come to one or both sessions at the Dwares JCC!

Session One will focus on what it means to eat “healthy,” and the basics of a well balanced diet. Participants will engage in an interactive discussion helping to answer some important questions including:

- What are the essential “go-to” foods that you should always have on hand?
- What do food labels really mean, and what should you look for?
- What does organic, natural, GMO, and cage-free mean?
- Why eat real foods instead of processed foods?
- How does one deal with allergies?

Thursday, September 3 | 7:00 – 9:00pm | 401 Elmgrove Avenue, Providence

Price: \$10 | **Members: FREE**

Session Two will discuss healthy snack and meal ideas that your family will surely love and how to deal with budget and time constraints. Participants will:

- Sample foods
- Make healthier substitutions
- Take home recipes
- Learn how to how to shop for healthy products

Thursday, October 15 | 7:00 – 9:00pm | 401 Elmgrove Avenue, Providence

Price: \$10 | **Members: FREE**

For more information, contact Michelle Cicchitelli at 401.421.4111 ext. 178 or mcicchitelli@jewishallianceri.org.



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