



Guest Presenter:

**Karen Walker-Jones**

Area Agent, Nutrition  
LSU AgCenter

# Healthy Summer Days Make 1/2 Your Plate Fruits & Veggies

**Tuesday, July 26, 2016  
3:00pm-4:00pm**

**East Bank Regional Library  
4747 West Napoleon Ave.  
Metairie, LA 70001**

**To register, please call:  
504-888-9111**

**To register online, please visit:**

**<http://events.r20.constantcontact.com/register/event?oeidk=a07ecvt1f8d9d82406f&llr=ifmaz8bab>**

Summer can be a time of lots of fun but we tend to lose track of our normal routines, which includes our eating habits. That is why we have teamed up with The LSU AgCenter to provide a free series of 6 lessons about having a healthy lifestyle. The lessons will be on healthy eating habits, easy recipes, and food management. You can find the complete list all of the topics that will be covered and the dates on the schedule behind this flyer. This series is for youth with disabilities between the ages of 16-26 and their parents, PCA's, guardians, and family are welcome to attend. We hope to encourage you to have a fun and healthy summer.

PROVIDED FREE OF CHARGE BY



**Changing Lives. Every Day.**

Contact us and find out how we can help.  
504-888-9111 • fhfjefferson.org  
201 Evans Rd., Bldg.1, Ste. 100, Harahan LA 70123



Follow us on twitter:  
[twitter.com/fhfofjefferson](https://twitter.com/fhfofjefferson)  
Like us on facebook:  
[facebook.com/fhfjefferson](https://facebook.com/fhfjefferson)

# SOMMER SALADS & MORE!!

**When:** **Tuesday Afternoons for a series of 6 WEEKS**

**@** The East Bank Regional Library 3PM – 4PM

**Address:** **4747 W Napoleon Ave, Metairie, LA 70001**

## **July 5 - My Plate Wrap**

**Lesson:** Food Safety & Food \$\$ Management

## **July 19 – Lite Banana Pudding**

**Lesson:** Calcium & Dairy

## **July 26 – Rise and Shine Cobbler**

**Lesson:** Make ½ Your Plate Fruits & Veggies

## **August 2 – Quinoa & Black Bean Salad**

**Lesson:** Make ½ Your Grains Whole Grains

## **August 9 – Fun Fruit Salad**

**Lesson:** Physical Activity

## **August 16 – Salmon Salad**

**Lesson:** Vary Your Protein