



1001 18th Ave NW | Austin, MN | 507.437.7625 | jhaugen@hy-vee.com

youth nutrition classes

Eat Bright (Ages 4-6) | \$8 per child/adult couple
Wednesday, February 15, 4:00-5:15 p.m.: Blue & Purple
Wednesday, March 21, 4:00-5:15 p.m.: Green

These foods are so bright, you'll have to wear shades! This brand-new class will be offered to 4- to 6-year-olds. Kids will learn how to shop and prepare naturally colorful fruits and vegetables. Each class will focus on a new color with new recipes that are easy for kids to make and taste delicious. Create the perfect opportunity for your kids to increase their fruit and vegetable intake by showing them how delicious and fun it can be to eat bright. Kids – wear your sunglasses, dress in the color we will be learning about and bring an apron!

Savvy Kids at the Supermarket – Power Breakfasts (Ages 7-11) | \$12

Wednesday, March 14, 1:00-3:00 p.m.

This class is designed for 7- to 11-year-olds (just the kids) and features tasty breakfasts that are fun for kids and powered by good nutrition. Components of the class include fun learning in the aisles where kids will discover healthy options in the supermarket, experiences with breakfast foods, and making power breakfast recipes that can be replicated at home. The younger your child learns about healthy eating, the more likely you will raise a healthy eater.

Savvy Kids at the Supermarket – Sugar-Buster Snacks (Ages 7-11) | \$12

Wednesday, February 22, 4:30-6:30 p.m.

This class is designed for 7- to 11-year-olds (just the kids) and features tasty snacks that are low in sugar but high in nutrition. Components of the class include fun learning in the aisles where kids will discover healthy options in the supermarket, experiences with snack foods, and making sugar-busting snack recipes that can be replicated at home. The younger your child learns about healthy eating, the more likely you will raise a healthy eater!

To get registered, call Austin Community Education at 507.460.1706 or online at www.austin.k12.mn.us.

All classes take place in the Dietitian's Corner near the Customer Service Counter.

Jen Haugen, RD, LD

Jen Haugen is a registered dietitian at Hy-Vee in Austin. She has over 10 years of experience helping people of all ages make small changes toward improving their health.





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read it and eat it

Dietitian Corner at HyVee (near customer service) | Ages 3-5 | \$7

Parents – are you looking for some time to grocery shop alone but also would like the opportunity to teach your children about healthy eating? You can have the best of both worlds! This innovative class will match children’s love of books to a food-themed story and a nutrition/cooking lesson allowing kids to devour new knowledge and a little snack, all while promoting positive food behavior with the store dietitian. Each class will start by having the parent bring his/her child to the Customer Service counter at Hy-Vee to meet the store dietitian for a one-hour class. While kids are learning, parents have an hour to grocery shop (must remain in the store)! Just promptly pick up your child at the top of the hour. This class will be nut-free.

- Friday, February 10, 10:00-11:00 a.m.
- Friday, February 10, 12:00-1:00 p.m.
- Friday, February 24, 10:00-11:00 a.m.
- Friday, February 24, 12:00-1:00 p.m.
- Friday, March 2, 10:00-11:00 a.m.
- Friday, March 2, 12:00-1:00 p.m.
- Friday, March 16, 10:00-11:00 a.m.
- Friday, March 16, 12:00-1:00 p.m.
- Friday, April 27, 10:00-11:00 a.m.
- Friday, April 27, 12:00-1:00 p.m.
- Friday, May 4, 10:00-11:00 a.m.
- Friday, May 4, 12:00-1:00 p.m.
- Friday, May 18, 10:00-11:00 a.m.
- Friday, May 18, 12:00-1:00 p.m.

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Tour Guide: Jen Haugen, RD, LD

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