



# Cooking with Carey

## FREE Cooking Demonstration and Sampling Series!

Join Carey Stites, Registered Dietitian,  
for these fun sessions on healthy cooking!



## Spring Series 2012

Select Wednesdays from 12:00-1:00



### March 21st, 2012: My Plate Guidelines:

Learn how to prepare and serve healthier meals based on USDA's new MyPlate guidelines for you and your family.



### April 18th, 2012: Healthy Spring Hors D'Oeuvres

Saying no to all appetizers is not the answer! Learn how to make smart choices when it comes to appetizers. These recipes are perfect for spring get-togethers!



### May 16th, 2012: Healthy Bar-B-Que

Pump up the flavor in your food using fire, not fat! Make room on your grill for some lighter grilled choices full of bold flavor and nutrition!



July 2012: Light Summer Snacks

August 2012: Quick Healthy Breakfast Ideas

September 2012: Dinner Ideas for Diabetics

November 2012: Healthy Thanksgiving Meal Ideas

December 2012: Heart and Diabetic Friendly Holiday Desserts



**Call 830-606-9500 to Reserve Your Spot!**

**All Cooking Demonstrations are FREE!**

801 W. San Antonio Street, New Braunfels

[www.NewBraunFit.org](http://www.NewBraunFit.org)

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