Nutrition Events at Big Y®

Jackie Durand is a registered dietitian available in a handful of Big Y locations in Connecticut to provide workshops and supermarket tours to community groups for **FREE**.

Jackie Durand, RD, CDN

Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?

Let the Living Well Eating Smart Team help!

If you are interested to learn more about how Jackie Durand can help you and your family, contact her directly at:

JackieDurandRD @gmail.com

(413) 504-4198

Store Tour

Event Table

Cooking Demo

Support Group

CONNECTICUT SCHEDULE NOVEMBER 2019

November 1
Sweet Potatoes 101
10:30 AM – 12:30 PM
Mansfield Big Y
141B Storrs Rd.
From side dishes to main dishes and desserts, sweet potatoes are a delicious and nutritious addition to your winter meals. Stop by to taste new recipe inspirations.

Event Table

November 5
Living Gluten Free
6:30 – 7:30 PM
Rocky Hill Big Y
1040 Elm St.
Join us for open conversation about gluten-free living and sampling of gluten-free snacks, in collaboration with the National Celiac Association.

Support Group

November 8
Diabetes Awareness
10:30 AM – 12:30 PM
Rocky Hill Big Y
1040 Elm St.
It's not only about sugar! Learn tips for better blood sugar control and sample some of the different low-calorie sugar alternatives available in the market today.

Event Table

November 8
Diabetes Awareness
1:45 – 3:45 PM
Manchester Big Y
234 Tolland Tpke.
It's not only about sugar! Learn tips for better blood sugar control and sample some of the different low-calorie sugar alternatives available in the market today.

Event Table

November 15
Living With Diabetes
10:30 – 11:30 AM
Rocky Hill Big Y
1040 Elm St.
Walk the aisles of Big Y to learn smart shopping choices and meal planning tips for improving blood sugar control.

Store Tour

November 15
Sweet Potatoes 101
2:30 – 4:30 PM
Marlborough Big Y
7 East Hampton Rd.
From side dishes to main dishes and desserts, sweet potatoes are a delicious and nutritious addition to your winter meals. Stop by to taste new recipe inspirations.

Event Table

November 22
Living With Diabetes
9:30 – 10:30 AM
Mansfield Big Y
141B Storrs Rd.
Walk the aisles of Big Y to learn smart shopping choices and meal planning tips for improving blood sugar control.

Store Tour

November 22
Aim to Maintain
2:30 – 4:30 PM
Marlborough Big Y
7 East Hampton Rd.
Holidays, parties, buffets…oh my! Learn tips to stay healthy and keep your weight in check during the upcoming holiday season.

Event Table

Visit bigy.com/livingwell/getsocial for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.