



Kathy Jordan,  
MS, RDN, CPT

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 Kathy Jordan can help you and your family, contact her directly at:

KathyJordanMSRD@gmail.com

(413) 504-4199

 Store Tour

 Event Table

 Cooking Demo

 Support Group

# Nutrition Events at Big Y®

Kathy Jordan is a registered dietitian available in a handful of Big Y locations in Eastern Massachusetts to provide workshops and supermarket tours to community groups for **FREE**.

## EASTERN MASSACHUSETTS SCHEDULE APRIL 2019

**April 5**

**Eat for Health**

11:00 AM – 12:30 PM  
and 1:00 – 2:30 PM  
Kingston Big Y  
182 Summer St.

Walk the aisles of Big Y and learn how vegetables, fruits, whole grains, lowfat dairy and lean protein foods contain the nutrients you need to achieve optimal health.

 Store Tour

**April 9**

**Celebrate National Fresh Tomato Month**

11:30 AM – 1:30 PM  
Walpole Big Y  
1111 Providence Hwy.

Tomatoes are nutritional powerhouses. See how to choose and prepare these produce all-stars for maximum enjoyment and health.

 Cooking Demo

**April 12**

**Great Grilled Cheese**

11:30 AM – 1:30 PM  
Norwood Big Y  
434 Walpole St.

Celebrate Grilled Cheese Sandwich Day! Stop by our table to have a bite and sample new twists on an old favorite.

 Cooking Demo

**April 16**

**Food Allergy Awareness**

11:30 AM – 1:15 PM  
Easton Big Y  
25 Robert Dr.

Have you or a family member been recently diagnosed with a food allergy? Learn how to balance your meal plan while avoiding harmful allergens.

 Event Table

**April 17**

**Food Allergy Awareness**

4:30 – 6:15 PM  
Norwell Big Y  
10 Washington St.

Have you or a family member been recently diagnosed with a food allergy? Learn how to balance your meal plan while avoiding harmful allergens.

 Event Table

**April 17**

**Living Gluten Free**

6:30 – 7:30 PM  
Norwell Big Y  
10 Washington 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

**April 23**

**Egg Myths and Facts**

12:30 – 2:30 PM  
Quincy Big Y  
475 Hancock St.

Are you confused when it comes to egg nutrition? Learn why certain egg myths aren't what they're cracked up to be and sample a tasty egg salad recipe.

 Event Table

**April 26**

**Egg Myths and Facts**

11:45 AM – 1:45 PM  
Kingston Big Y  
182 Summer St.

Are you confused when it comes to egg nutrition? Learn why certain egg myths aren't what they're cracked up to be and sample a tasty egg salad recipe.

 Event Table

**April 30**

**Color Your Plate with Raisins**

11:30 AM – 1:30 PM  
Norwell Big Y  
10 Washington St.

Come learn current nutrition recommendations about dried fruits and enjoy a sample of tasty and nutritious raisin recipes for National Raisin Day.

 Event Table

Visit [bigy.com/livingwell/getsocial](http://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.