Nutrition Events at Big Y®

Kittie Spedding 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**.

Kittie Spedding, MS, RD, CD-N

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 Kittie Spedding can help you and your family, contact her directly at:

KittieSpedding@gmail.com
(860) 420-9660

Store Tour
Event Table
Cooking Demo
Support Group

CONNECTICUT SCHEDULE MARCH 2018

March 7
Heart-Healthy Eating
9:30 – 11:00 AM
Enfield Big Y
65 Palomba Drive
Discover current recommendations for heart-healthy eating with tips to apply them to the purchases you make.

March 7
Quick, Tasty and Frozen
11:30 AM – 1:00 PM
Enfield Big Y
65 Palomba Drive
Today's frozen foods can expand your options for fast, healthy meal options. Come sample products that will quickly become part of your regular repertoire.

March 7
National Nutrition Month®
4:00 – 5:30 PM
Ellington Big Y
135 West Road
See how you can "Go Further with Food" for National Nutrition Month® with simple and flavorful changes to your meal plan.

March 9
National Nutrition Month®
12:00 – 1:30 PM
Rocky Hill Big Y
1040 Elm Street
See how you can "Go Further with Food" for National Nutrition Month® with simple and flavorful changes to your meal plan.

March 21
Quick, Tasty and Frozen
12:00 – 1:30 PM
Rocky Hill Big Y
1040 Elm Street
Today's frozen foods can expand your options for fast, healthy meal options. Come sample products that will quickly become part of your regular repertoire.

March 23
Living with Diabetes
10:00 – 11:15 AM
Manchester Big Y
234 Tolland Turnpike
Walk the aisles of Big Y to learn smart shopping choices and meal planning tips for improving blood sugar control.

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.