Building a Healthy Plate: Cooking with Whole Grains

Are you are looking for easy, low cost ideas for snacks and meals? If so, this hands-on training is for you! **The training counts towards the 3 hour Nutrition training for Parent Aware.**

**In this training you will:**
- Cook and sample whole grain recipes
- Read food labels for whole grains
- Learn tips to introduce whole grain foods to children and parents
- Explore ways to introduce whole grains to children at story time and playtime.
- Develop a plan to add whole grains to your snacks and meals
- Take home kid-approved whole grain recipes, a children’s books and lots of great ideas.

**TRAINING DATES AND LOCATIONS: CHOOSE THE SITE THAT WORKS BEST FOR YOU!**

**Weeknight classes: 6:30 p.m. to 9:30 p.m.**
- June 24 Andover Bunker Hills Activity Center 550 Bunker Lake Blvd NW, Andover
- June 25 Chaska Pioneer Ridge Middle School--address of 1085 Pioneer Trail, Chaska
- July 21 Hastings Hastings Child Development Center 210 17th St W, Hastings
- July 22 Minneapolis Think Small West, 2021 East Hennepin Avenue, Minneapolis
- July 23 St. Paul Think Small East, 10 Yorkton Court, St. Paul
- Aug. 4 Savage Savage City Hall, 6000 McColl Drive, Savage
- Aug. 5 Andover Bunker Hills Activity Center 550 Bunker Lake Blvd NW, Andover
- Aug. 12 St. Paul Think Small East, 10 Yorkton Court, St. Paul

**Saturday classes: 9:00 a.m. to 12:00 p.m.**
- July 12 Minneapolis Think Small West, 2021 East Hennepin Avenue, Minneapolis
- Sept. 13 St. Paul Think Small East, 10 Yorkton Court, St., St. Paul

**COST AND REGISTRATION**
- **FREE** - This training is funded in part from the Cargill Foundation
- **Click here to register** or call Pat at 507-337-2804
- This training is also be offered in the Hmong and Somalian Language. Call 507-337-2804 for dates and locations of the Hmong and Somalian training.