



Nutrition & Health

Golden Gate Park Senior Center, 6101 Fulton St.

Instructor: Lisa Yamashiro, MEd, RD



Mondays 1:30

(\$0.50 food tasting donation each session)

Semester Highlights:

Recipes and tasting! Lunch Bunch outing!

DATE	TOPIC
Monday, August 16 	Eating Right: Getting the Most Out of Your Meals
Monday, August 23	Healthy Cooking Basics
Monday, August 30	Choosing Fruits, Vegetables
Monday, September 6 	Holiday ~Labor Day
Monday, September 13	Choosing Whole Grains
Monday, September 20	Cooking Lean & Low-Fat
Monday, September 27	Cooking Lean & Low-Fat, con't
Monday, October 4 	Plan to Make the Most of Your Meals
Monday, October 11	Holiday ~no class
Monday, October 18	Plan to Make the Most of Your Meals, con't
Monday, October 25	Shopping Smart
Monday, November 1 	Shopping Smart, con't
Monday, November 8	Recipe for Success
Monday, November 15	Recipe for Success, con't
Monday, November 22	Back to Basics - Real Food
Monday, November 29	Dietary Supplements
Monday, December 6 	Eating Healthy for the Best Years
Monday, December 13	Lunch Bunch Outing