



CENTRAL TEXAS  
DIABETES COALITION

## General Nutrition Classes- Free of Charge

### Texas Agrilife Extension Service Healthy Food, Healthy Families

Series of 7 weekly classes for parents of young children about food choices, cooking tasty nutritious foods, using food dollars wisely, choosing healthy snacks, handling and storing food safely, and walking for better health. Healthy Food, Healthy Families is not a course specifically for people with diabetes, but people with diabetes would benefit from the series.

**Language:** English/Spanish

**Schedule:** Offered 8 times per year

Upcoming **Spanish class series:** Tuesdays 10:30-noon

Located at Conley-Guerrero Senior Activity Center  
808 Nine St. Austin, 78702

- January 25, 2011 - March 8, 2011
- March 29, 2011 - May 10, 2011
- June 14, 2011 - July 26, 2011
- September 27, 2011 - November 8, 2011

Upcoming **English class series:** Wednesdays 10:30-noon

Located at Expanded Food and Nutrition Program Office  
1514 Ed Bluestein Blvd., Suite 203

- January 26, 2011 - March 9, 2011
- March 30, 2011 - May 11, 2011
- June 15, 2011 - July 27, 2011
- September 28, 2011 - November 9, 2011

**Contact:** Call 385-0990 to register

**Comments:** For parents of young children

### Sustainable Food Center The Happy Kitchen/ *La Cocina Alegre*™

An interactive 6-week series of cooking and nutrition education classes. Emphasis is on the selection and preparation of fresh, seasonal foods that are nutritious, economical, and delicious.

**Language:** English/Spanish

**Schedule:** Meeting locations vary. Call for a schedule or to register.

**Contact:** (512) 236-0074 x 104 or

<http://www.sustainablefoodcenter.org/events.asp>

**Comments:** Costs vary. Participants receive a free bag of groceries and a recipe after each class

**Website:** <http://sustainablefoodcenter.org/happy-kitchen>

\*This list is not exhaustive and inclusion does not mean endorsement by the City of Austin.

Due to schedule changes, always call to confirm dates and times of classes.

Visit our website [www.ci.austin.tx.us/health/diabetes](http://www.ci.austin.tx.us/health/diabetes) for the most updated list of resources. Last updated 12/2010.