

Reinventing the Family Meal

Spring 2010

Classes to encourage
healthy cooking,
eating as a family



IOWA STATE UNIVERSITY
University Extension

Dubuque County Health Department
Attention: Bonnie Brimeyer
13047 City View Drive
Dubuque, IA 52002
563.557.7396

Make \$15 payment to Dubuque County Treasurer

Name: _____
Address: _____
E-mail Address: _____
Phone Number: _____
Location of Classes: _____
Dates of Class Series: _____

Send check in with Registration form one week before class begins to Dubuque County Health Department, ATTN: Bonnie Brimeyer, 13047 City View Drive, Dubuque, IA 52002

Benefits of Home Cooking and Family Meals

In Dubuque County, a consortium of community partners including the VNA, the Board of Health and Hy-Vee Stores, is working to revive the family meal as well as encourage healthy eating habits.

Participants will learn that you can cook more economically at home than eating fast food. They also will be promoting healthy eating for their children. The long-term goal is to influence family behavior so that they eat more frequently at home and realize the benefits of eating healthier foods. The



family will realize the relationship-building benefits of regular shared meals.

At each class, participants will actually prepare a meal, consume the finished product and then take home a kit with ingredients to prepare the meal at home for the family.



Healthy Meals in a Hurry Cooking Class Schedule January - June 2010

Mondays - January 25, February 1, 8
5:30 - 7:00 p.m.

Asbury Hy-Vee Food Community Room

Wednesdays - February 10, 17, 24
5:30 - 7:00 p.m.

Comiskey Neighborhood Center

Tuesdays - February 16, 23, March 2
5:30 - 7:00 p.m.

Locust St. Hy-Vee Community Room

Mondays - March 1, 8, 15
6:00 - 7:30 p.m.

KC Hall, Cascade

Thursdays - March 11, 18, 25
5:30 - 7:00 p.m.

Dubuque Multicultural Family Center
(Spanish only) - Babysitting available

Thursdays - March 11, 18, 25
6:00 - 7:30 p.m.

The Finley Hospital Babka Wellness Center

Mondays - March 22, 29, April 5
5:30 - 7:00 p.m.

Visiting Nurse Association

Thursdays, April 8, 15, 22
5:30 - 7:00 p.m.

Dubuque County Extension Office

Tuesdays - April 13, 20, 27
5:30 - 7 p.m.

Washington Middle School

Tuesdays - April 13, 20, 27
6:00 - 7:30 p.m.

Epworth Community Youth Center, Epworth

Thursdays, May 26, June 2, 9
6:00 - 7:30 p.m.

Dubuque Community Y - Babysitting available

Tuesdays - June 15, 22, 29
5:30 - 7:00 p.m.

Crescent Community Health Center

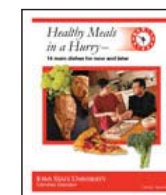
** Interested in doing this class with a child (age 9 and older) ask about details when signing up for class

*** Snow dates - If cancelled, the class will be the following night.

Classes are in 3-week sessions (held one week apart). The cost of the series of classes is \$15. All three classes must be attended.

At the completion of the 3-week series of classes you will have received:

- Three classes
- Meal at each class
- Healthy Meals in a Hurry cookbook
- Meat thermometer
- Three take home meal kits (value \$60)
- HyVee coupons



This program and brochure was supported by grant/cooperative agreement DP001751 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.