



Los Alamos Cooperative Extension Service in partnership with the New Mexico
Department of Health Diabetes Prevention and Control Program

Presents

KITCHEN CREATIONS

A Free Cooking School for People with Diabetes



Tuesdays
4:30 p.m. to 7:30 p.m.

Trinity on the Hill Episcopal Church
3900 Trinity Dr., Los Alamos

Class 1 – November 3 – The Food Guide Pyramid and the 50/50 Plate

Class 2 – November 10 – Desserts and Carbohydrates

Class 3 – November 17 – Vegetables, Grains and Beans

Class 4 – November 24 – Heart Healthy Cooking

Classes are designed to offer information on diabetes
and will allow hands on cooking experience in making different food entrees

Class Instructors

Patty Willms, MS, Registered Dietician

Paula Roybal Sánchez, Extension Home Economist, Los Alamos Cooperative Extension

YOU'LL LEARN:

- ◇ How to plan meals
- ◇ How to control carbohydrates
- ◇ How to reduce fat, sugar, and sodium
in cooking without cutting out taste

YOU'LL ALSO:

- ◇ Receive recipe books
- ◇ Prepare healthy recipes
- ◇ Taste foods

Each class is different and builds on the previous session.
You'll want to attend all four classes



If you are a person in need of special services,
call two (2) weeks before program

Classes are FREE, but Space is limited
Call Los Alamos Cooperative Extension Service
662-2656 for information and to register

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NMSU and the U.S. Department of Agriculture cooperating.