"Healthy" and "holiday" don’t usually find themselves in the same sentence, especially when it comes to food. That doesn’t have to be the case! Join us to hear from Nutrition, Food and Health Extension Agent Clara Wicoff about how to reduce the large amounts of fats and sugar usually found in holiday recipes and focus more on the "star" ingredients — fruits and vegetables. You’ll even get to try a few samples! With a little planning and a few simple changes, it is possible to enjoy holiday foods which are both healthy and great tasting. Call 620-365-2242 to RSVP for the location you prefer.

Uniontown: November 8th, 6pm, Community Building
Iola: November 13th, 5pm, Extension Office
Yates Center: November 15th, 6pm, Community Building
Chanute: November 16th, noon, Chanute Public Library