

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|---|---|--|
| | | | | 1 Milford Healthy Eating Cooking Class Series 6-7:30 | 2 UNH Student Consultations | 3 |
| 4 | 5 Orange Senior Center Presentation 11:30-12:30 | 6 Milford Academy Cooking Class | 7 SCSU Student Consultations | 8 Milford Adult Cooking Class 12-2 Milford Library Kids Cooking Class | 9 Milford Adult Cooking Class 6-8 | 10 |
| 11 Cooking Class Bridges West Haven 10-12 Girl Scouts Cooking Class 3-4:30 | 12 | 13 Girl Scouts store tour at Milford Girl Scouts smart snacking demo | 14 Community Cooking Class at Bridges in Milford 12:30-3 | 15 Milford Healthy Eating Cooking Class Series 6:30-7 | 16 Milford Academy Students Cooking Class 11:45-1:30 | 17 |
| 18 | 19 Milford Adult Cooking Class 6-8 | 20 | 21 Orange Library Kids Cooking Class 3:45-4:45 | 22 Woodbridge Middle School Cooking Class 2:30-4 | 23 | 24 Kids Culinary Classes 12-1:30 & 3:30-5 |
| 25 | 26 Silverbrooks Estates Presentation 2-3 Cub Scouts Store tour in Milford 6-7:30 | 27 Milford Adult Cooking Class 6-8 | 28 Cooking Class Bridges in West Haven | | | |

MONTHLY FOCUS

Fuel Better



DIETITIAN

Courtney Huggins
Registered Dietitian

Milford: 203-876-7868
Orange: 203-795-0628
Courtney.Huggins@wakefern.com

FREE NUTRITION SERVICES



Courtney Travels between the Orange and the Milford store and out into the community. To schedule a free consultation or community event call or email (email works best)



EVENT DETAILS

Monday, Feb 5th
Senior Presentation
 Join Courtney at the Orange Senior Center as she talks about nutrition while making a delicious recipe!

Time: 11:30-12:30

Thursday, Feb 8th
Adult Cooking Class
 Join Courtney as we make some delicious comfort foods at the ShopRite of Milford. This class is \$15

Time: 12-2

Friday, Feb 9th
Adult Cooking Class
 Join Courtney and Edwin to learn how to create a romantic dish for your valentine at the ShopRite of Milford. This class is \$30

Time: 6-8

Thursday, Feb 15th
Adult Cooking Class
 Join Courtney for the third class in the healthy cooking series, learn how to tackle week night dinners. This class is \$15

Time: 6-7:30

Monday, Feb 19th
Adult Cooking Class
 Join Courtney and learn how to make some of your favorite desserts vegan. At the ShopRite of Milford

Time: 6-8

Wednesday, Feb 21st
Kids Cooking Class
 Join Courtney at the Orange Library for a kids cooking class

Time: 3:45-4:45

Saturday, Feb 24th
Kids Cooking Class
 Join Courtney at the ShopRite of Milford for a kids cooking class. This class is \$10

Time: 12-1:30 & 3:30-5

Tuesday, February 27th
Adult Cooking Class
 Join Courtney as we make some foods to warm you up this winter at the ShopRite of Milford. This class is \$15

Time: 6-8

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