



Join the **FOOD for LIFE**

Cooking and Eating to Beat Diabetes Program



DID YOU KNOW...

Nearly one out of five Native Americans has diabetes? But you can do something about it!

In This Six-Week Program, You Will:

- Taste healthy and delicious dishes prepared by **Chef Lois Ellen Frank**, and learn to make these for your family.
- Gain hope that diabetes can be beaten – with healthful foods!
- Rediscover the foods of native ancestors – who never had diabetes!
- Learn how to spend less on food, cook healthfully with commodities, and be part of a group that has fun learning and working together to eat well and live well.
- **Health Educators Welcome!**

THE PROGRAM IS FREE...

Everyone who completes the program will receive a certificate.

Food for Life Cooking and Eating Program Schedule

- **Week 1 – Introduction: Reason for Hope for People with Diabetes**
Taught by Neal Barnard, M.D., and Caroline Trapp, N.P., C.D.E.
No class the week of July 4
- **Week 2 – New Recipes with Commodities and The Three Sisters**
- **Week 3 – Grains, The Staff of Life**
- **Week 4 – Grocery Store Tour and Healthy-in-a-Hurry Recipes**
- **Week 5 – Stocking Up: Canning/Freezing/Drying/Sprouting**
- **Week 6 – Holidays and Feast Days, Healthy Families, and Graduation**



Day/Time: Tuesdays, June 28 - August 16, 2011, 6:00 - 8:00 p.m. No classes on July 5 and August 2.

Location: Pueblo Art Room ■ INDIAN PUEBLO CULTURAL CENTER: 2401 12th St., NW, Albuquerque, NM 87104

For more information, to register, or for directions, please contact: Kay Ortega: 505-212-7052

Space is limited to the first 25 people to register. Sign up today!

Sponsored by Indian Pueblo Cultural Center and Physicians Committee for Responsible Medicine (PCRM)