



A HEALTH EDUCATION SERIES

Featuring Guest Presenter:

Kara Jo Herndon

Registered Dietitian

Public Health—Idaho North Central District

Topic

Healthy Summer Eating



July 23, 2015

6:00 p.m.



Snake River Community Clinic



215 10th Street, Lewiston

- Pack a small cooler of foods that may be difficult to find while traveling, such as fresh fruit, sliced raw vegetables, and fat-free or low-fat yogurt.
- Bring a few bottles of water instead of sugar-sweetened soda or juice.
- Pack dried fruit, nuts, and seeds as snacks. Since these foods can be high in calories, measure out small portions (1/4 cup) in advance.

Source: Centers for Disease Control and Prevention - <http://www.cdc.gov>.



For more information, contact Deb Merica at
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www.idahopublichealth.com