



AN EARLY COLLEGE DISTRICT

BROWNSVILLE
INDEPENDENT SCHOOL DISTRICT



NUTRITION TIPS AND SKILLS SERIES

30 min. Nutrition Education Discussion
30 min. Hands On Recipe Activity



BISD CAB Cafeteria • 6:00 – 7:00 PM

SEPTEMBER 13, 2023

Topic: Prepping for Wellness (How to get Started on Meal Planning)

Activity: Quick & Easy Solutions & Sampling

OCTOBER 11, 2023

Topic: Kickstart your Metabolism-Learn About Gut Health

Activity: Learning about fiber and how to add prebiotics

JANUARY 10, 2024

Topic: Know Your Numbers-Glucose, Blood Pressure, and Lipid Profile

Activity: Building a meal plan

FEBRUARY 7, 2024

Topic: Love Your Heart (Tips to a Healthy Heart)

Activity: Low sodium/low fat lunch options

MARCH 6, 2024

Topic: Nutrient Dense Foods

Activity: Building 5 easy smoothies

FREE!
For BISD
Employees
Only

REGISTER by calling: 956-600-3475 (Provide BCBS Card information and date of birth. We follow all HIPPA/Privacy guidelines. Covered at 100%)

Minimum of at least 25 participants – No maximum limit

www.completenutritionsolutions.com

For more information please call Anisa Ramirez at 698-0073.



**Complete
Nutrition
Solutions**