



# October Dietitian Events



Gluten-Free Health

## Gluten-Free Gatherings: \$5

Fall back into warm autumn flavors with your Hy-Vee dietitians and attend a virtual Gluten-Free Gathering, where you will create gluten-free and dairy-free recipes.

**Menu includes:** Pumpkin Dip & Fall Charcuterie Board

- Saturday, Oct. 2<sup>nd</sup>, 10:00 am
- Thursday, Oct. 7<sup>th</sup>, 6:00 pm
- Friday, Oct 22<sup>nd</sup>, 12:00 pm
- Monday, October 25<sup>th</sup>, 12:00 pm
- Monday, October 25<sup>th</sup>, 6:00 pm (Spanish)-Questions to [ALesterFite@hy-vee.com](mailto:ALesterFite@hy-vee.com) for Spanish services

## Gluten-Free Health Fair: Complimentary

Hy-Vee dietitians will be offering gluten-free product sampling at more than 100 locations on October 16<sup>th</sup> from noon-2:00 p.m. Free. No registration required. See local Hy-Vee for information.

## Nutrition Store Tours: Complimentary

Your Hy-Vee dietitian will help you navigate the aisles (in-person or virtually) on a range of topics: Navigating Nutrition, Heart Health, Diabetes, Fueling Fitness, Plant-Based, Budget-Friendly, Kids Health & Gluten Free.

## Virtual Kids Cooking Classes: Complimentary

Do you have an aspiring chef in your house? Join our virtual Kids in the Hy-Vee Kitchen classes to help them become comfortable and confident in the kitchen and improve their culinary skills! Receive recipes and shopping list in advance with registration.



To register for events or view additional services:

Scan QR code, Contact Dietitian  
Or  
Visit [Hy-Vee.com/Health](https://Hy-Vee.com/Health)

Questions:

[AmandaAllen@hy-vee.com](mailto:AmandaAllen@hy-vee.com)  
(515-695-3796)

To learn more about ongoing services like our Healthy Habits menu program, BEGIN (Healthy Lifestyle & Weight Management Program) or kids classes, visit [Hy-Vee.com/health](https://Hy-Vee.com/health).

