



Kick off the new year with children's health and wellness programs through Hy-Vee! Check out the descriptions below and register for one or all of our classes at the links included! Once registered, the Hy-Vee dietitian leading the class will send you the groceries and recipes needed to complete the class from your own kitchens! You can expect to receive this e-mail a week before the class starts.

- **January 12th @ 4:30: Little Chefs in the Hy-Vee Kitchen – Family Movie Night**

Lights, camera, action! Skip the concession stand line and make your own snacks for movie night with the family! Join our virtual Little Chefs in the Hy-Vee Kitchen this month to make Cheesy Hammy Potter Poppers and Whipped Hot Cocoa with a Pretzel Stir Stick! Yum! Register here:

https://secure.gethealthie.com/appointments/embed_appt?dietitian_id=609757&require_offering=true&offering_id=52392&org_level=true

Questions or concerns about the ingredients needed for this class?
Contact Hy-Vee Dietitian Tori at TSajovec@hy-vee.com.

- **January 13th @ 4:30: Junior Chefs in the Hy-Vee Kitchen – Family Movie Night**

Grab the remote and snuggle in, Junior Chefs! It's time for a family movie night, and we've got the perfect snacks! Join our virtual Junior Chefs in the Hy-Vee Kitchen class this month to make Peanut Butter Cup Popcorn and Rapunzel's Pizza Braids! Register here:

https://secure.gethealthie.com/appointments/embed_appt?dietitian_id=609757&require_offering=true&offering_id=52393&org_level=true

Questions or concerns about the ingredients needed for this class?
Contact Hy-Vee Dietitian Katie at kschaeffer@hy-vee.com.

If you have any questions or concerns about registering for our virtual children's programs this month, please reach out to me at acundiff@hy-vee.com.

Thank you!

Anne Cundiff, RD, LD, FAND

