



## Department of Aging and Disabilities

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For Immediate Release

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### **Nutrition Programs**

Annapolis, MD (Feb. 28, 2011) – Paulette Thompson, nutritionist, will give one-hour presentations at 10 a.m. Wednesdays and Thursdays on nutrition and vegetables at two county nutrition sites. She also will demonstrate food preparation, and provide food samples. Raffles also will be held at the programs, which are presented by the Anne Arundel County Department of Aging and Disabilities Senior Nutrition Program.

These programs will be at the Burwood Café Senior Nutrition Site, 6658 Shelly Road, Glen Burnie, on the following dates:

March 2 – Why More Matters: The benefits of eating more veggies.

March 3 – Rethinking Your Plate: Planning meals with a vegetable focus.

March 9 – Veggie Salads: More than just lettuce.

March 10 – Legumes: A Nutrition Powerhouse.

March 16 – Dark Leafy Greens: Let me introduce you!

March 17 – Herbs are Vegetables, Too!

The same programs will be presented March 7, 8, 14, 15, 21 and 22 respectively at College Parkway Place Café Senior Nutrition Site, 570 Bellerive Drive, Annapolis.

The programs are free and open to the public. For information, call 410-222-4464, Ext. 3006.

*- Making Life Better -*