



2022 Grocery Store Tours and Cooking Classes

Space is limited.
Please RSVP
by calling 701-857-5268



trinityhealth.org

JANUARY 11 • 2:00-3:00 p.m. Cooking Class (\$10)

HEALTHY SWAPS

Trinity Health Community Conference Room
Town & Country Center

Learn some healthy and easy swaps that can be used to transform recipes into healthier options.

FEBRUARY 15 • 2:00-3:00 p.m. Grocery Store Tour (Free)

HEART HEALTH

Original Marketplace Foods

Find out how heart health relates to grocery shopping and learn about heart healthy label reading.

MARCH 8 • 6:00-7:00 p.m. Grocery Store Tour (Free)

DIABETES

Original Marketplace Foods

Shopping for the right foods is critical to managing diabetes. In this tour, you'll learn what foods to look for and how to read and understand the components of a food label, including total carbohydrates, sugar, fiber, and sugar alcohols.

APRIL 12 • 5:30-6:30 P.m. Cooking Class (\$10)

STIR FRY SAUCES

Trinity Health Community Conference Room
Town & Country Center

Learn how to make your own stir fry sauce that's healthier than traditional store-bought but just as tasty.

MAY 10 • 6:00-7:00 p.m. Grocery Store Tour (Free)

CELIAC DISEASE/GLUTEN INTOLERANCE

Original Marketplace Foods

Learn how to navigate the grocery store while shopping for a gluten-free lifestyle, about safe and unsafe ingredients, label reading, foods that are naturally gluten free, gluten-free alternatives, and cross contamination.

SEPTEMBER 13 • 6:00-7:00 p.m. Grocery Store Tour (Free)

SHOPPING ON A BUDGET

Original Marketplace Foods

Learn the tricks and tips for sticking within your budget but still providing your family with healthy and satisfying food.

OCTOBER 11 • 5:30-6:30 p.m. Cooking Class (\$10)

COOKING ON A BUDGET

Trinity Health Community Conference Room
Town & Country Center

When cooking on a budget, you can still make delicious and nutritious meals.

NOVEMBER 8 • 2:00-3:00 p.m. Grocery Store Tour (Free)

DIABETES

Original Marketplace Foods

Shopping for the right foods is critical to managing diabetes. In this tour, you'll learn what foods to look for and how to read and understand the components of a food label, including total carbohydrates, sugar, fiber, and sugar alcohols.

DECEMBER 13 • 2:00-3:00 p.m. Cooking Class (\$10)

RECIPES FOR 1 OR 2

Trinity Health Community Conference Room
Town & Country Center

Do you struggle to cook for only one or two people? In this class, we'll share tips and recipes for doing just that.

Please note that tours and classes may be postponed or canceled due to the COVID-19 pandemic.

Join a Trinity Health Registered Dietitian Nutritionist for a small group tour or cooking class.

Original Marketplace Foods – 1930 South Broadway, Minot
(On the corner of 20th Avenue and South Broadway)