



February 2012

HCC Healthy Living Events

For more information about Health Care Center seminars and to register, email sas_hcc@sas.com.

Chews Strategically Blog

SWW Postings Every second and fourth Wednesday

Be sure to check out the HCC nutrition blog, Chews Strategically: Making Food Choices for the Results You Want, every second and fourth Wednesday of the month on the SWW Featured Blogs site. Our blog will provide you with information to make strategic nutrition choices for your personal health needs and the needs of your family.

Healthy Pleasures Series 2011-2012

Part 4: Liquid Gold – A Honey Talk and Tasting

- Thursday, Feb. 2.
- Noon-1:00 p.m.
- Healthy Living Room (W0001).

Join the HCC in welcoming Piedmont beekeeper and honey producer, Bill Lord, for this fun and tasty talk about honey. Bill will discuss nutrition facts plus sources and different varieties of honey available in our state. Participants will enjoy sampling a variety of Bill's honey from the mountain, piedmont, and coastal areas of North Carolina. Come relax and enjoy learning about and tasting nature's liquid gold.

Cooking the Wildly Affordable Organic Way – Cooking Demo

- Thursday, Feb. 23.
- Noon-1:00 p.m.
- Building F Auditorium (F101).

Have you been delaying the move to organic eating because of fear of breaking your food bank? Well, wait no more. Linda Watson, author of *Wildly Affordable Organic*, and chief cook and researcher for *Cook for Good* website and blog, will be at SAS to demonstrate how to quickly and easily prepare locally grown and seasonal, organic foods. She will show you how in 20 minutes per day, you can prepare 60% of your meals from scratch using organic foods and still stay within your shopping budget. Linda will be preparing Seasonal Vegetables with Spicy

Peanut Sauce. Tastings will be provided.

Linda's ***Wildly Affordable Organic*** book will be available for purchase and signing at the end of this program. Cash, checks, Master Card and Visa will be accepted. No payroll deduction will be available.

13th Annual Crock Pot Recipe Cook-Off

Deadline for Recipes: Friday, Feb. 24.

The 13th Annual Crock Pot Recipe Cook-Off will be held on Thursday, March 22. See separate flyer for more details!

Recipes must be submitted to the HCC no later than Friday, Feb. 24. Don't miss your chance to enter the cook-off!