

For Immediate Release
3/12/09

Contact: Mary Olnes, Cass County Wellness Coordinator, (712)249-8296

Cooking Green at Hy-Vee

When it comes to food, saving money and time are increasingly important for many people. Despite economic hardship and increasing food prices, providing ourselves and our families with nutritious and delicious meals is possible with simple planning and epicurean optimism.

In the true spirit of St. Patrick's Day, Hy-Vee and Healthy Cass County are hosting an event where tasting affordable, practical and healthy recipes is the name of the game. Tamara Gibson, Hy-Vee Creative Kitchen, comments "cooking green isn't just about a catchy name, it's about a variety of recipes and ingredients that you can stretch from one meal to the next to fit your budget and boost your health."

Recipes such as *Roasted Vegetable Primavera* has been exciting the YMCA staff's taste buds all week long. "Lucky for us, Tamara has been cooking up tasty recipes for us to try as she prepares for St. Patrick's Day," says Mary Olnes, Cass County Wellness Coordinator. "The lentil soup she's making is packed with vitamins, tastes great and easy on the wallet."

Cooking Green is a combined effort of various professionals from Atlantic who are committed to a positive and useful cooking experience for participants at no additional charge. Emily Kregel, Cass County Memorial Hospital Dietitian, contributes a nutritional viewpoint while Hy-Vee provides the practical, all in the comfort of our own local store.

In addition to H-Vee's commitment to helping customers stretch their dollars, Hy-Vee continues to support Healthy Cass County initiatives in the community and help their own customers live happier, healthier lives. Amy Jordahl, Hy-Vee Store Director, is excited to see a nutritional value labeling system implemented into Hy-Vee stores, commenting "NuVal has been a huge success and we have the honor of seeing the positive impact NuVal has had in our customers' lives."

Cooking Green will be held from 1:00-3:00pm on Tuesday, March 17th, in the Atlantic Hy-Vee dining room.

For more information or to register for Cooking Green, please contact Healthy Cass County at (712)249-8296 or register at the Nishna Valley Family YMCA, Health and Wellness Center or Griswold Public Library.

Quote: Mary

Quote: Tamara

Quote: Amy Jordahl

For more information about this event, please contact Healthy Cass County