

# Healthy Eating On a Budget

UJA-Federation of New York's  
**connect to care**  
*The Jewish community at work for you*



KC Putterman LMHC is a Holistic Mental Health Counselor. She has incorporated healthy eating, macrobiotics and nutrition into her therapeutic treatment plans for her clients. KC owns a mental health clinic, Talk with Me Counseling, located in Hewlett and Melville. She received her master in Mental Health Counseling from Brooklyn College and her nutritional training from the Institute for Integrative Nutrition.

**Date/Time: Monday, March 26, 2012 / 1pm-2:30pm**

**Location: Central Queens Y- 67-09 108 Street  
Forest Hills, NY, 11375**

**RSVP to: (718) 224-0566 or [connect-to-care@sfy.org](mailto:connect-to-care@sfy.org)**

## **Workshop Description:**

When you are on a tight budget, the thought of preparing delicious, healthy meals on a regular basis can seem daunting. Not only is it easy to get sucked in by the grocery merchandising tricks, but it is normal to fall into a mealtime rut, eating the same foods over again. But if you shop and cook smart, you can enjoy the gourmet meals you deserve. This workshop will assist you in learning how to eat healthy, while still being on a budget. It will provide budgeting friendly tips and tricks including recipes to make you the best chef on the block.

***Space is limited. Advance Registration Required.***

UJA-Federation of New York's Connect to Care is a multi-agency initiative assisting families who have been adversely affected by the economic downturn and provides assistance with:  
**Employment & Career Transition Services, Legal and Financial Consultations, Supportive Counseling & Jewish Spiritual Care.**

**View our other workshop flyers at: [www.sfy.org/connecttocare](http://www.sfy.org/connecttocare)**