

Do You Have Too Much To Do? Would You Like Help Making Meals?



December can be a busy time but Third District can help! Nurses said their lives were stressful and needed help getting life in balance. Third District invites you to our first **Cook and Learn** education program:

OPTIMUM NUTRITION

By Diane Hansen, BSN, PhD, AHN-BC

Monday, December 8, 2008

5:30 – 6:30 pm -1 CE

6:30 – 7:30 pm - Meal prep

LOCATION Supper Thyme, 10978 Cedar Lake Rd, Minnetonka, MN 55305
www.supperthymeusa.com (952) 525-1121

Purpose It is always difficult to eat healthy, wholesome food around the holidays. Most nurses are working, shopping and trying to prepare for family and friend get-togethers leaving little time for healthy eating. In this workshop you will learn about ingredients to make every meal nutritious and free of preservatives while pre-making meals with your fellow nurses.

Learning Objectives

After completion of this program the participants will be able to:

1. Identify holiday nutrition priorities
2. Choose nutrient-dense foods for healthy meals

NOTE: you must register at both Supper Thyme and Third District Nurses by December 1 for this event. For complete registration details, go to www.nursesCE.org, click on “About Us”, then “Member News”. OR call Third District at 952 920 9860.

Register at the Supper Thyme web site between October 15 and December 1, 2008

CE Fees: paid to Third District Nurses	Member	Non Member
One Contact Hour	\$0.00(free)	\$16.00
Food Prep: paid to Supper Thyme		
Minimum purchase of 3 meals*	\$69.00 (take home)	\$69.00 (take home)
Total Cost	\$69.00	\$85.00

**Each meal serves 4-6 people and can be divided into half meals for smaller families.
That's 12-18 servings for as little as \$3.83 per person!*

Third District Nurses
4445 West 77th St. Edina MN 55435

www.nursesCE.org

Phone 952 920 9860
email: ktiede@nursesCE.org

CLICK HERE FOR DETAILED REGISTRATION INFORMATION.

About the Cook and Learn Program

MEAL PREPARATION: 6:30 – 7:30 pm

First time at a make-a-meal business? Don't worry, it's easy and a lot of fun! You sign up for your meals ahead of time, and Supper Thyme does all the grocery shopping, chopping, slicing, dicing before you get there, and they even do the dishes after you leave! All you need to bring is a cooler or laundry basket to carry your meals home in.

There are many menu items to choose from. The December menu selections will be posted by October 15th. Previous monthly selections included: Blackened Salmon, Beef Chimichangas, Honey Bourbon Pork Tenderloin, Roasted Red Pepper and Gouda Shrimp with Pasta, or Capri Stuffed Chicken Breasts. Plus there are vegetarian options, weight loss selections and special menus for kids!

Imagine doing the grocery shopping and food preparation for 15 servings in 30 minutes! That is five homemade meals for a family of three in half an hour.

To register for your meals: Between October 15 and December 1, register with Supper Thyme with the number of meals and your menu selections. You can call in your registration at 952-525-1121 or register online at <http://www.SupperThymeUSA.com>. Click on the bubble at the top of the screen that says "Sign Up for a Session." From there:

1. Select the **Minnetonka** location
2. Click on "**Nurses Party**" on December 8
3. Where it asks for the hostess' last name, enter "**Third District.**"
4. Create a login and password (or just login if you already have a login created)
5. Select your meals (3, 6, 8 or 12), then click Continue.
6. Select any side dishes, then click Continue.
7. Confirm your address, etc is correct, then click Register.
8. Pay for your meals

**Remember, you must register with both
Supper Thyme and Third District Nurses for this event.**

You qualify for 'Member Rates' if you are a member of MNA Districts 1 -12 or if you are enrolled in the '3D Privileges' program.

Payment Method: Enclose check payable to 3rd District Nurses, or Charge to Visa, Discover, or Mastercard

Third District Cost: **Free*** for District members/3D Privileges **\$16*** - Non-members

Did you register with Supper Thyme*? yes no

CC# _____ Exp Date _____ / _____

Name _____

Employer _____

Address _____ City _____ St _____ Zip _____

Email _____ Work Phone _____ Home Phone _____

*Minimum purchase of three *Supper Thyme* meals for \$69 is required.

Registrations must be received by December 1, 2008

Send registration and payment to: 3rd District Nurses, 4445 West 77th Street, #121, Edina, Minnesota 55435, Tel:952-920-9860
Fax 952-920-8689, email: ktiede@nursesCE.org, website: www.nursesCE.org