



Munson Healthcare  
Community Health Library

# Organic Food: Is It Really Better?



Laura McCain, Dietitian

**Tuesday**  
**May 11, 2010**

**Noon – 1:30 pm**

*Presented live via the REMEC  
TeleHealth Network from*  
**Munson Community Health  
Center (MCHC) Classrooms A & B**  
**550 Munson Avenue**  
**Ground Floor**  
**Traverse City, MI 49684**



## **Organically Grown Foods**

In celebration of National Nutrition Month, bring your sack lunch and join us to learn about how to eat healthy on a budget. Many of us want to eat healthy but often don't know how we can do it on a limited budget. We tend to feed our families lots of filling, less expensive foods that may not be the healthiest choices.

## **Laura McCain, Registered Dietitian**

Laura McCain, Munson dietitian, will present a community program discussing tips on making healthy food choices for your family that are also inexpensive. Learn ways to provide healthy meals and stay within your food budget.

**Open to the public**  
**Free of charge.**

***Registration is required for participants  
attending at MCHC***

***To register for participation at Munson Community Health Center:***  
Call Munson Community Health Library at 231-935-9265

**For participation at all other sites:**  
Contact the site coordinator at your Facility to confirm program availability in your area. \_\_\_\_\_