
HCC to host cooking classes

HOLYOKE — Anyone resolved to eat healthier in the new year could benefit from two new cooking series next month at Holyoke Community College's MGM Culinary Arts Institute.

"Healthy Cooking for Heart Health," a three-session series, begins Jan. 10 and runs on Tuesdays, 6-9 p.m. "Healthy Cooking for Diabetes," also a three-session series, begins Jan. 12 and runs on Thursdays, 6-9 p.m. Both series are taught by Marissa Chiapperino, a registered dietician and instructor in HCC's culinary arts program.

"Certain foods can lower your risk of heart disease and diabetes or help to manage it," Chiapperino said. "Making healthy adjustments to your daily meal plan does not have to be hard or boring. Oftentimes, adding in sources of healthy fats, whole grains, and high-fiber fruits and vegetables can boost flavor and decrease the

risk of chronic disease."

Each session costs \$80 and includes cooking lessons and lectures focused on different themes.

Healthy Cooking for Heart Health themes are breakfast and carbohydrates, Jan. 10; lunch and fats, Jan. 17; and dinner and proteins, Jan. 24.

Healthy Cooking for Diabetes themes are meal prep, "Counting Those Cabs," Jan. 12; snacks, "The Power of Protein," Jan. 19; and diabetes-friendly breakfast, "Fat is Fabulous," Jan. 26.

"Helping people in all types of settings understand accurate and evidence-based nutrition and how to individualize it best for them is key to long-term success and managing chronic disease," Chiapperino said.

To register for classes, visit hcc.edu/healthy-cooking. For more information, contact Lanre Ajayi, HCC's executive director of education and corporate learning, at lajayi@hcc.edu.