




UNIVERSITY OF GEORGIA  
**EXTENSION**  
 Habersham County

 706-754-2318

 [susie.burton@uga.edu](mailto:susie.burton@uga.edu)

 [tinyurl.com/RightBiteHab](https://tinyurl.com/RightBiteHab)



All classes will take place at the Habersham County Extension Office (555 Monroe St in Clarkesville, behind Woods Furniture)

Participants get **HANDS-ON** experience cooking diabetes-friendly recipes! **FREE** and **OPEN** to the public! Please **pre-register** at the link above or by contacting our office.

# RIGHT BITE DIABETES COOKING SCHOOL

NOVEMBER

**07**

**6 - 8PM**

**CARBOHYDRATES**

Learn about different types of carbohydrates and how to manage glucose via carb intake. Class includes lecture, discussion, and hands-on cooking experience.

NOVEMBER

**14**

**6 - 8PM**

**FATS**

Fats: friend or foe? We will learn about the important role fats can play in a healthy diet. Class includes lecture, discussion, and hands-on cooking experience.

NOVEMBER

**21**

**6 - 8PM**

**FIBER & SWEETENERS**

We'll discuss both fiber and the use of non-nutritive sweeteners to manage diabetes. Class includes lecture, discussion, and hands-on cooking experience.

*An Equal Opportunity, Affirmative Action, Veteran, Disability Institution  
 If you need a reasonable accommodation or language access services, contact Habersham County Extension at 706-754-2318 or [uge1137@uga.edu](mailto:uge1137@uga.edu) at least three weeks prior to the program date.*