



The Community Clinic's mission is to provide medical & dental care for those people who are uninsured in the Southwest Missouri area. The Clinic has served over 125,000 families in our area who do not have access to medical and dental care and rely on our Community Clinic and alternative health methods to maintain their family's medical needs. The Clinic tries to fill that gap with a coordinated effort of volunteers and paid staff.

We understand food plays a major role in maintaining and improving health outcomes. To help our patients achieve those health goals we have brought the culinary experience to our kitchen in hopes to provide healthy meal options that are diabetic and budget friendly.

Come join us in our kitchen and we will provide you with the food to cook a healthy meal at home in your kitchen. Changing nutritional habits can change health outcomes for generations to come.



Community Clinic

Providing Resources to Improve your Health

Seasonal Cooking Classes

www.ccsmmo.org/cookingclasses

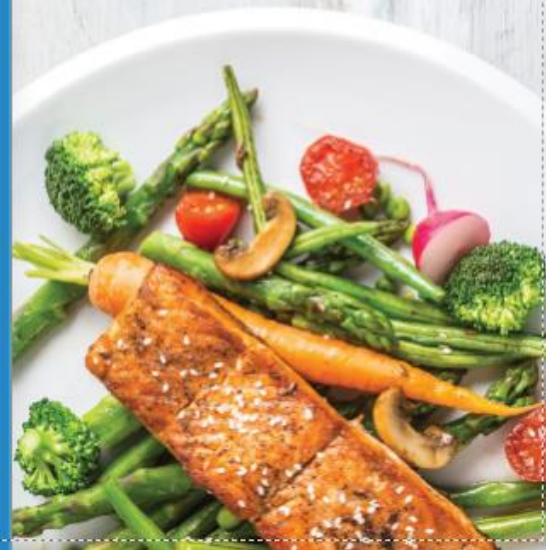
Community Clinic of SWMO

701 South Joplin Ave
Joplin, MO 64801
417-624-5500 ext. 127

Seasonal Cooking for your Health
Call us today! Learn to eat well on a budget for FREE.

Sign up for the Season- It's FREE
Monday at 4pm or
Thursday at 11:30am

This program is funded by grants from Anthem Foundation, General Mills Foundation, and Nutrien.





Szechuan Chicken and Veggies



Smoothies



Harvest Sweet Potato & Quinoa Salad W/ Maple Dijon Vinaigrette

Seasonal Cooking Classes

Winter Cooking Class Menu

Week	Menu
1-Welcome	Szechuan Chicken and Veggies
2-Get Moving	8 Can Chicken Chili
3-Plan, Shop & Save	Egg-puffs with Roasted Pepper and Bacon
4-Fruits & Veggies	Spaghetti Squash or Zoodles with Classic Avocado Alfredo Sauce
5-Grains	Mexican Beef Quinoa Bowl
6-Go Lean w/ Protein	Cod and Kimchi Stew
7-Dairy	Cheesy Zucchini Chicken Casserole
8-Make a Change	Vegan Apple Broccoli Salad
9-Celebrate	Flavored Water and Hors d'oeuvres

Spring Cooking Class Menu

Week	Menu
1-Welcome	Ginger Chicken & Asparagus Stir Fry
2-Get Moving	Lemon Garlic Butter Steak & Broccoli Skillet
3-Plan, Shop & Save	Frittata Squares
4-Fruits & Veggies	Apricot Ginger Pork w/ Strawberry Spinach Salad
5-Grains	Mediterranean Quinoa Bowls
6-Go Lean w/Protein	Baked Chicken Fajita Wraps
7-Dairy	Broccoli Cauliflower Cheese Soup
8-Make a Change	Greek Fasolakia (Chicken and Green Beans)
9- Celebrate	Smoothies and Hors d'oeuvres

Summer Cooking Class Menu

Week	Menu
1-Welcome	Simple Chicken Stir Fry
2-Get Moving	Keto Burrito Bowl
3-Plan Shop & Save	Grilled Naan Pizza
4-Fruits & Veggies	Green Mango Smoothie
5-Grains	Fresh Caprese Quinoa Salad
6-Go Lean w/ Protein	Baked Garlic Lemon Chicken w/ Tomato Cucumber Salad
7-Dairy	Zucchini Tomato Casserole
8-Make a Change	Chicken Kebabs w/ Baked Zucchini Fries
9-Celebrate	Smoothies and Hors d'oeuvres

Fall Cooking Class Menu

Week	Menu
1-Welcome	Chicken & Snap Pea Stir-Fry
2-Get Moving	Quinoa Enchilada Casserole
3-Plan, Shop & Save	One-Pan Roasted Chicken and Carrots
4-Fruits & Veggies	Ratatouille
5-Grains	Pesto Quinoa Bowls with Roasted Veggies
6-Go Lean w/ Protein	Sweet Potato Turkey Chili
7-Dairy	Easy Low Carb Salmon Patty
8-Make a Change	Harvest Sweet Potato & Quinoa Salad
9-Celebrate	Flavored Water & Hors d'oeuvres