



## Hastings Nutritional Resources

### Regina Medical Center Nutrition Services

**Location:** Regina Medical Center

**Offers:** Registered Dietitians Providing Nutrition Education, consultations, creation of personal dietary plan to help meet personal health goals, provide nutritional education, offer suggestions on grocery shopping, reading nutrition labels, cooking tips and plenty more!

**Eligibility:** Must call ahead to schedule, everyone is welcome

**Cost:** Can pay out of pocket or bill to insurance dependant on plan coverage

**Contact information:** 651) 404-1543, [www.reginamedical.org](http://www.reginamedical.org) - "Patient Services" then "Nutrition"

### Hastings Community Education

**Location:** different schools and venues within the community and surround areas, varies by classes

**Offers:** A variety of classes such as Community Wellness Education classes, Healthy Eating Classes, cooking classes

**Eligibility:** Everyone

**Cost:** Classes and seminars vary in price

**Contact information:** 651-480-7670, <http://www.hastingscommunityed.com/> For more information about hypnosis and Dr. Mary Fischer <http://www.hypnosisclinic.net>

### Hastings YMCA

**Location:** 85 pleasant Drive, Hastings, MN 55033

**Offers:** **children / youth** cooking classes, diabetes prevention (nutrition coaching, recipes)

**Eligibility:** Dependant on class

**Cost:** varies on length of class

**Contact Information:** (651) 480-8887 [http://www.ymcatwincities.org/health\\_fitness/](http://www.ymcatwincities.org/health_fitness/)

### Hastings Farmer's Market

**Location:** WestView Shopping Mall, Hastings, 9859 140<sup>th</sup> St East, Hastings MN

**Offers:** Fresh local produce, Christmas Wreaths, Coffee & Tea, Dairy & Eggs, Dried Fruits & Nuts, Farm Crafts, Flowers, Grocery & Produce, Herbal Tinctures, Herbs, Honey / Bee Produce, Lavender, Meats & Shellfish, Pet Needs, Preserves, Seeds, Soaps & Body Care, Syrups, Wool & Fibers plus plenty more!

**Times:** Mid June – October, Tues and Sat 8 – 1 pm

**Eligibility:** Everyone is welcome

**Cost:** Dependant on produce, cash is preferred

**Contact information:** Bea Westerberg (651) 437-8573

### General Nutrition Centers (GNC)

**Location:** 1807 Market Blvd, Hastings, MN, 55033

**Offers:** Vitamins and mineral supplements, sports nutrition products, herbs, health foods, natural cosmetics and other miscellaneous healthcare products. Ex – diet products, physical fitness products, speciality workout apparel and other health-management product.

**Eligibility:** Members & non-members

**Costs:** Yearly Gold Card membership is \$15, good for 20% discounts 1<sup>st</sup> week of every month

**Contact Information:** (651) 437-0040, [WWW.GNC.COM](http://WWW.GNC.COM)

## Grocery Stores

### **Coborn's Superstore**

**Offers:** local produce, bakery, deli and catering, frozen foods, canned goods, meat and seafood, natural foods selection, food delivery, liquor, floral department pharmacy, photo and video department. Online Health and Wellness section with health tips, vitamin finder, recipes, and information on recalls and food safety.

**Hours:** open 24 hrs, 7days a week

**Eligibility:** Open to everyone

**Location:** 225 33<sup>rd</sup> St W, Hastings, MN 55033

**Contact Information:** (651) 437-2066, <http://www.coborns.com/>

### **Cub Foods**

**Location:** 1729 Market Blvd, Hastings, MN 55033

**Offers:** Fresh produce, deli, bakery, meat and seafood, frozen foods, canned goods, natural and organic foods, liquor, gift cards/ floral,

**Eligibility:** Open to everyone

**Hours:** Open 24 hours, 7 days a week

**Contact Information:** (651) 438-2135 <http://www.cub.com/>

### **Spiral Natural foods**

**Location:** 1250 S Frontage Rd, Hastings, MN

**Offers:** natural foods grocery store, 5% Senior Discounts Sundays & Wednesdays (65+), 5% off purchase 1x/month, 10% discount on case/ bulk special orders, the chance to support a local business, recipes of the week

**Eligibility:** Members & non-members

**Hours:** Mon – Sat 9am – 8 pm, Sun 11 am – 6 pm

**Cost:** One time membership fee of \$100 or 4 quarterly payments of \$25, additional cost of food

**Contact Information:** (651) 437-2667, [www.spiralnaturalfoods.com/](http://www.spiralnaturalfoods.com/)

### **Fresh Earth Farms**

**Location:** 6455 Oakgreen Ave S, Hastings, MN 55033

**Offers:** A wide assortment of healthy, nutritious, organic vegetables, fruits, eggs, meat, cheese, coffee that can be picked up on the farm or dropped at a local drop site for you. Packages include Couple Share (good for 2 people) or Family Share (enough to satisfy 3-4 people).

**Eligibility:** Members

**Hours:** Mon, Weds, Fri – 3:30-6:30 pm, Thurs 9:30-11:30 am

**Cost:** varies on package size

**Contact Information:** email- [chris@freshearthfarms.com](mailto:chris@freshearthfarms.com), <http://www.FreshEarthFarms.com>

### **Walmart Supercenter**

**Location:** 1752 N. Frontage Rd, Hastings, MN 55033

**Offers:** Bakery items, bread, dairy, eggs, cheese, deli items, meat, seafood, poultry and produce, fresh or frozen items, online shopping and delivery by brand, customer ratings or special dietary concerns.

**Eligibility:** Open to everyone

**Hours:** Open 24hrs, 7days a week

**Contact Information:** (651) 438-2400, <http://www.walmart.com/>