

Below is a listing of topics offered through our Speakers Bureau. Cost is \$50/session (unless otherwise noted) and we request that there be at least 12 people for a presentation to be scheduled. Use the request form or contact the county UD Extension office to schedule your program.

**Would your Kitchen Pass a Food Safety Inspection?** - You will learn important information about preventing foodborne illness and some easy strategies for keeping food safe at home. Length: 1.5 hours

**Boning Up on Health – Preventing Osteoporosis** - This program recognizes that what you eat as a youth impacts your health as you age. You will learn important strategies for keeping your bones strong no matter what your age. Length: 1.5 hours

**Think Healthy – Exploring the Relationship between Diet and Alzheimer’s Disease** - This program will review the linkages between diet and brain health and offer practical strategies to help you and your family understand the role of nutrition and lifestyle changes in combatting Alzheimer’s disease. Length: 1.5 hours

**Meal Time in Less Time** - This workshop will help you develop strategies to offer healthful meals for your family in less time. Being busy is no excuse for poor nutrition. Length: 1.5 hours

**Mindful Eating** - This session offers information on sensible eating for good health and general nutrition centered around MyPlate. Length: 1 hour

**Cooking for One or Two** - This session provides information about how to plan and prepare healthy meals when cooking for yourself and one other. Length: 1.5 hours

**Get Your Snack on Track** - This session provides ideas for healthy snacking and ways to supplement your meals with those foods that will balance your diet. Length: 1 hour

**Portion Control: How to Indulge Without the Bulge** - Portion control is the key to staying healthy. This session will identify strategies you can use to manage portions for better health. 1 hour

**Getting your Grains** - This session introduces you to various whole grains, why they aid in our health, how to know if what you’re buying is whole grain and how prepare them. 1 hour

**Dazzling and Delicious Salads** - What's up in the spring? What is a salad anyway? Does it have to include lettuce? No! This session will help you learn how to build light healthy homemade salads from spring produce and share some yummy dressing ideas. Length: 1 hour

**Getting the Most out of Eating Locally** - What does eating local mean and how can you increase your awareness of local producers and resources? This program will review strategies to incorporate more local products in your meal planning and diet. Length: 1.5 hours

**Using a Water Bath Canner to Make the Best Use of Your Garden Produce** - This program will review the steps and strategies for canning foods in a water bath canner. Length: 1.5 hours

**Freezing Foods Effectively** – Freezing foods is an effective tool to preserve foods both from the market or your garden. We’ll review the strategies for freezing a variety of foods while keeping food safety in mind. 1.5 hours

**Cooking From the Garden (spring, summer or fall)** - This session provides ideas for how to increase the use of the produce that is in season in your diet and how to prepare them in healthy ways. Length: 1.5 hours

**Dining with Diabetes** - A four part cooking program for people with diabetes and their families. Includes diabetes education, cooking demonstrations, and tasting of healthy recipes. Length: Four, 2 hour sessions. \$ 50 / person or \$500 if sponsored by an agency.

**Eat Smart for a Healthy Heart** - A three part cooking program for people who are concerned about health health. Includes cardiovascular health education, cooking demonstrations, and tasting of healthy recipes. Length: Three, 2 hour sessions. \$45/ person or \$450 if sponsored by an agency.

**Health Talk Hints** - This program will improve your communication with your healthcare professional by learning how to prepare for a doctor's visit, what to do during the appointment, and how to follow-up after the visit. Length: 1.5 hours

**Mindful Moments** – This program introduces you to the concept of mindfulness and teaches you how to practice mindfulness on your own through different activities. Length: 1 hour

**VEGucate Yourself: The 5 W's of Vegetarian & Vegan Diets** – This program separates fact from fiction about vegetarian and vegan diets and how they can be appropriate across the lifespan if followed correctly. All different vegetarian and vegan diets are compared with hands-on tips and tools to follow. Length: 1 hour

*It is the policy of the Delaware Cooperative Extension System that no person shall be subjected to discrimination on the grounds of race, color, sex, disability, age or national origin.*