

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.

FOOD SAFETY

Dinesafe – This comprehensive hands on food safety course is ideal for volunteers and others who provide food for large groups. Cost \$25/per person includes student workbook. Length: 3 hours

Good Handling Practices/Good Agricultural Practices (GHP/GAP) – This class prepares community gardeners with information on how to grow and handle produce safely. Length: 1 hour

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

NUTRITION

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

Celiac Disease: Living Gluten Free – An in-depth look at celiac disease and gluten-free diets for healthcare professionals and those with celiac disease. Length: 1.5 hours

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

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

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

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 plus a reunion 3 months later. \$ 50/person or \$500 if sponsored by an agency.

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

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

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. Length: 1 hour

Gluten: the Basics – An interactive, fun program for anyone interested in learning more about gluten and why some, not all, need to avoid gluten. Length: 1 hour

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

Nutrition Facts Labels – the Latest – Upcoming changes in the nutrition facts panel will be explained in this session and prepare participants to be better consumers when the changes go into effect. 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. Length: 1 hour

Sodium: Absence Makes the Heart Grow Stronger – Reducing sodium in the diet is one way to help manage high blood pressure. This program provides participants with tools to reduce sodium in meal preparation through better grocery shopping strategies and making better selections when dining out. Length: 1 hour

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

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

HEALTH

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

GEM: Get Experience in Mindfulness – This interactive stress management program introduces you to the concept of mindfulness and teaches participants how to practice mindfulness on their own through different activities. Length: 1 hour session \$150

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.