

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. All programs are 1 hour in length unless otherwise noted. 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.

**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.

### 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.

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

**Table for One (or Two), Making Mealtime Special** – This session provides information about how to plan and prepare healthy meals when cooking for yourself and one other.

**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.

**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.

**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.

**First State Farm to MyPlate (for Adults)** – Join us for a brief introduction to Delaware agriculture and the University of Delaware Research Farm, followed by interesting facts and recipe ideas surrounding local Delaware grown fruits and vegetables.

**First State Farm to MyPlate (for Youth)** – A fun and interactive program for kids ages 7-12 years that focuses on the importance of eating fruits and vegetables, highlighting local Delaware-grown items. Includes a hands-on activity. May include a per child activity fee.

**Freezer Pleasers – Making the Most of Family Mealtime** – Tips and tricks to properly prepare, store and thaw frozen meals in bulk to save time and money.

**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.

**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.

**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.

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

**Makeover Your Leftovers** – Learn creative ways to use leftovers and other helpful kitchen tips to reduce food waste.

**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.

**Mindful Eating** – This session offers information on sensible eating for good health and general nutrition centered around MyPlate.

**Now Serving – Slow Cooker Meals!** – Learn how to make savory, home cooked meals in less time, and with less energy, using a slow cooker.

**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.

**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.

**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.

**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.

**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.

## **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.

**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. Cost \$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.*