

# Nutrition and Wellness

Serving Jo Daviess, Stephenson, & Winnebago Counties



**Diane Reinhold, MPH, MS, RDN**  
Nutrition and Wellness Educator

Email: [dreinhol@illinois.edu](mailto:dreinhol@illinois.edu)  
Phone: 815-235-4125

Diane Reinhold develops and implements programs addressing relevant health issues based on local needs assessments. Through collaborative efforts with community partners, Reinhold develops and delivers research-based programming focused on chronic disease prevention and management (CDPM), food safety and preservation, and workforce preparedness.

As a registered dietitian and certified diabetes lifestyle coach, Reinhold is passionate about CDPM. Offering low-cost, community-based CDPM classes, Reinhold helps meet a vital need within many rural communities, where opportunities are limited for nutrition and wellness education.

## Food Preservation Doesn't Have to be a Mystery

The art of food preservation is not as difficult as you might first believe. With scientifically-proven recipes and all of the basic knowledge and resources at your fingertips, you can enjoy garden-fresh foods all year long. Reinhold, along with other Extension staff have put together all of the information you need to can, dry, freeze, ferment and pickle like a pro.



Reinhold also holds Pressure Canner Testing dates throughout the year to ensure that your dial-gauge pressure canner is safe and accurate for canning.

For more information on Food Preservation Resources, visit [go.illinois.edu/preservesafely](http://go.illinois.edu/preservesafely).



## Healthy Programming for All

Understanding core health and wellness topics are an important aspect of your family's overall well-being. Reinhold offers a variety of programs, both virtual and in-person, to help you learn more about Nutrition and Wellness. Programs are divided into three topic areas:

**Chronic Disease Prevention and Management** - One of Reinhold's main areas of interest lies in programming devoted to preventing and managing diseases. Diabetes, heart health and chronic inflammation are popular subjects.

**Food Safety** - Revolves around Food Preservation and Food Safety classes. Food Preservation classes are directed towards home consumers while Food Safety classes fulfill an educational purpose for those serving food to the public such as church groups, fire departments, school nutrition professionals, restaurant employees, and other business ventures where food safety is a concern.

**Healthy Lifestyles/Living** - Staying healthy is a goal everyone strives for. This programming focuses on topics such as: eating healthy foods on a limited budget, managing stress, physical activity, cooking for convenience and more!

### Worthy Reads:

Check out the blog, *Walking the Line: A Journey of Wellness*. Reinhold provides awareness and the power of knowledge to help you on your health and wellness journey. Visit [go.illinois.edu/WalkingtheLine](http://go.illinois.edu/WalkingtheLine)



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment.

Jo Daviess County · 815-858-2273  
Stephenson County · 815-235-4125  
Winnebago County · 815-986-4357  
Visit online: [goillinois.edu/jsw](http://goillinois.edu/jsw)