



UNIT 18: NUTRITION & WELLNESS PROGRAMS

LISA PETERSON, MS
NUTRITION & WELLNESS
EDUCATOR

#1 Industrial Park Dr. | Hillsboro, IL 62049
Phone: (217) 532-3941 | (MAIN OFFICE)

REMOTE OFFICES:

Christian County-

1120 N. Webster St. | Taylorville, IL 62568

Phone: (217) 287-7248

Macoupin County-

#60 Carlinville Plaza | Carlinville, IL 62626

Phone: (217) 854-9604

Jersey County-

201 W. Exchange St. | Jerseyville, IL 62052

Phone: (618) 498-2913

lap5981@illinois.edu

CHRONIC DISEASE MANAGEMENT

1 on Diabetes (2.5-3 hours)

A 4-part workshop series on nutrition management of diabetes. Each session has includes recipe demonstrations and sampling.

Meals for a Healthy Heart (2-2.5 hours)

A 2-part workshop series on healthy-eating, covering sodium, fat, cholesterol, and other dietary strategies for cardiovascular disease.

IN THE KITCHEN

Baking Light for Better Health(.5-1 hour)

Life is better with desserts-learn how to make healthier baked goods without sacrificing your sweet tooth.

Cooking for 1 or 2 (.5-1 hour)

Techniques to cook on a smaller scale and simplify meals without them getting boring. Participants will learn to shop, prepare and modify recipes to suit the number of mouths being fed.

Cooking from the Cabinets (.5-1 hour)

Maximizing your food dollar and avoid waste by cooking from your cabinets at home. Learn how to stock a healthy pantry, combine fresh ingredients and what's on hand, and how to repurpose leftovers in creative ways.

Maximizing Your Slow Cooker (.5-1 hour)

Learn how to maximize this time and money-saving appliance and make healthy, delicious meals with little effort!

Nutrition Bang for your Buck (.5-1 hour)

See how to cut down on food waste with some easy meal planning techniques and find the best values. Learn how to find affordable yet healthy options at the grocery store, and get the most nutrition bang for your buck!

Savory Soup (.5-1 hour)

Learn all you need to know about making warm, delicious, and healthy soup. Learn about all the different types of soups, helpful tips for making soup, receive recipes, and get a chance to try a few different savory soups.

Freezer Meals in a Flash (.5-1 hour)

Learn the do's and don'ts of freezer meals, receive delicious recipes, food safety tips, and create and take home a simple freezer meal the whole family will love!

UNIT 18: NUTRITION & WELLNESS PROGRAM MENU

TOPICAL NUTRITION ISSUES

Is Gluten Free Right For Me?

Should you cut gluten out of your diet? Come learn and understand what gluten is and if living gluten-free is the lifestyle for you.

Organic, Local, Natural- What it is and What it isn't

Get updated on the science and learn whether organic, local, and natural foods are really better for you and the environment.

To Soy or Not to Soy

Learn about where soy comes from understand the pros and cons of eating/drinking/cooking with soy products.

Be Your Own Diet Detective: Finding Reliable Nutrition Information

Overwhelmed by all the nutrition information around you? Learn how to judge reliable nutrition advice and make better decision for your health.

FOR A HEALTHY LIFESTYLE

A Healthy Lifestyle that Lasts

Just starting out with a healthier lifestyle? Get updated on the latest dietary recommendations and how to make small changes overtime. Learn how to arm yourself with the skills you need and find out the best behavioral strategies for making lasting changes in your health

Fueling for Work & Play

Are you eating to maximize your performance? Learn how to improve your productivity at work and make the most of your workouts with the food you eat.

Dining out without Filling Out

Learn how to spot sources of extra calories and find healthier menu items. Learn how to modify your favorites and fit restaurant dining into your healthy eating plan.

Rethink Your Drink

Learn the nutritional truth about your favorite beverages and how to hydrate in healthier ways.

Are you Able to Read a Label?

Breaks down the nutrition food label and explains what each part means and what to look for when shopping.

Nutrition topic classes include a Powerpoint presentation, class materials, recipe books, and food demonstrations (per request). Classes are typically 30 minutes to 60 minutes but can be adjusted based on time, audience, and venue. Programming is continuously developed-contact the educator for interest topics

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FOOD SAFETY & FOOD PRESERVATION

Yes! You Can: Hands-On Preservation Workshops (2-3 hours)

These hands-on workshops are specialized classes focused on water-bath canning jams & jellies, cucumbers, or tomatoes

Yes! You Can: Preserving Safely (2 hours)

Yes! You Can provide information on proper canning techniques and food preservation recommendations. Also feel free to bring along your pressure canner dial gauge to get tested to ensure safe and proper processing.

Preserving Your Garden: Freezing, and Drying (1 hour)

Learn the how-to's of freezing and drying.

The Most Dangerous Room in Your House: the Kitchen (1 hour)

Your kitchen may be the most dangerous room in your house! Learn how to do your own kitchen "check-up" and keep you and your family safe from food poisoning.

From Garden Gates to Dinner Plates: Cottage Food Operations (2 hours)

Ever wonder how to prepare and sell your food at a farmer's market? This program defines and explains the Illinois Cottage Food Operation law, and how to safely grow and prepare food for sale. This program also provides an illustrated look at preserving jams and jellies.

Serve it, Safely (1.5 hours)

Does your club, church or organization raise funds by holding community dinners, bake sales, bazaars or other food events? Learn the basics of preparing, cooking, and storing food for public consumption. Taking extra precautions can make events not only safer, but even more successful!

Certified Food Protection Managers Class & Exam (8 hours)

The Certified Food Protection Managers Class & Exam provides the minimum classroom work to prepare for the National Certification Examination. Topics include foodborne illnesses, safe food handling, cooking and storage, employee health and hygiene, facility safety and maintenance, cleaning and sanitization. Certificates need to be renewed every five years.

ASK ABOUT:

Workplace Wellness Programs & Tools

School Lunch Staff Professional Development

Nutrition Education for Youth

Local Food Initiative