



Eat Well



Debunking Nutrition Myths

Confused about what you should or shouldn't eat? With so much information out there, it's easy to feel overwhelmed.

This workshop will help you understand whether eating certain foods can indeed benefit your health and help you dissect the truth about food.

Learning objectives:

- Provide answers to questions around common food myths.
- Share evidence-based research on current food topics.

Delivery: Virtual or In-Person

Session Length: 45 mins

Favorite Foods Made Healthy

It's time for a meal swap! Learn how to make healthy changes to your favorite meals to keep them joyful and delicious.

Learning objectives:

- Review basic budgeting and how it applies to healthy eating.
- Learn how to plan meals and use what you have to reduce food costs.
- Identify smart shopping strategies to save money at the supermarket.

Delivery: Virtual or In-Person

Session Length: 45 mins



Fiber 101

Eating a well-balanced diet is important as it gives nutrients needed to function properly. One nutrient that the majority of adults lack is fiber.

This workshop breaks down the many benefits fiber has for your health and provides examples of foods that are high in this important nutrient.

Learning objectives:

- Understand what fiber is and which foods are high in fiber.
- Learn the two types of fiber and the health benefits of each.
- Become familiar with the dietary recommendations for fiber.
- Discuss the health risks associated with a diet that is too low or too high in fiber.

Delivery: Virtual or In-Person

Session Length: 45 mins



Nutrition 101

Healthy eating doesn't have to be so complicated! This workshop reviews the basics of healthy eating and provides practical tools to eat your way to health.

Learning objectives:

- Explore helpful eating strategies like portion sizes, food variety and the difference between processed and unprocessed foods.
- Review the MyPlate tool and how to build a balanced meal.
- Discuss practical tips for food preparation, packing snacks, and planning meals with a busy lifestyle.

Delivery: Virtual or In-Person

Session Length: 45 mins



Cooking Demonstrations

Join us for a live cooking session featuring a rotating list of seasonal recipes. You'll learn how to prepare simple, healthy meals and discover the cultural, medicinal, and nutritional value of each dish.

Learning objectives:

- Learn new, seasonal recipes.
- Understand the health benefits of key ingredients.
- Learn about the cultural and traditional roots of each dish.

Delivery: Virtual or In-Person

Session Length: 45 mins