

Community Nutrition and Wellness Programs



All of these workshops are available for organizations within Albany County to groups of 10 or more.

Why Eat Local? (new!)

Explore the health, economic and social reasons why it makes sense to eat more locally, and learn how to find local foods.

How's your Eating? (new!)

Of course *what* you eat is important. But so is *how* you eat. Many of us eat mindlessly, or out of stress or boredom when we aren't really hungry. Most people find they enjoy food more and actually eat better when they are more aware of their food choices and the experience of eating. This interactive workshop will provide tools to accomplish that.

From Garden to Table (new!)

Join a master gardener and a nutritionist in our own demonstration vegetable garden to learn tips on growing both popular and lesser known vegetables, and delicious ways to prepare them. Includes sampling recipes made with vegetables from our garden. (Available July- September)

It's Bean Great (new)

Beans are a great part of a healthy diet! Inexpensive, and high in protein and fiber, what's not to love? Learn how to cook with dry and canned beans in recipes for soups, salads, main course meals and even desserts. Recipes and food sampling included.

Downsizing your Menu (new!)

Cooking for one or two can be a challenge. Learn some easy shopping and preparation tips for putting together affordable meals you can really enjoy. Includes cooking and sampling!

Stretch your Food Dollar

Learn ways to spend less on food without sacrificing taste or nutrition in this interactive workshop. Develop a strategy to reduce food waste, plan ahead better and shop smarter. Includes resources on great websites and helpful planning tools.

Fast Family Meals

You want to eat more meals as a family, but who has the time? This hands-on class will provide the tools you need to put satisfying meals together for your family. Includes cooking and sampling!

Mediterranean Cooking

Learn some healthy cooking techniques using more olive oil, tasty vegetables and hearty whole grains for a heart healthy diet. Includes food preparation and sampling!

Savor the Season

Cook and sample healthy and delicious recipes made from local and seasonal foods. Learn how to use the fruits and vegetables in season now, and where to find them. (Offered any time of year)

Fishing for Health

Learn the health benefits of including more fish in your diet. Prepare and sample some easy recipes that will make a fish lover out of you.

Heart Smarts

Learn the newest diet and exercise recommendations for heart health, and get help with practical tips on easy ways to incorporate small changes in this interactive program.

Eating and Exercising for a Healthier You

Healthy eating and regular activity enable people of all ages to work, enjoy life, and feel their best. This program will outline current guidelines and help you develop easy strategies to move toward your goals.

Whole Grain Goodness

The US Dietary Guidelines encourage us to make half our grains whole. This hands-on class including food preparation and recipe sampling will show you how easy it is to attain that goal. Whole grain recipes for breakfast, lunch and dinner will be included.

Senior Nutrition

As we age, we need more of certain nutrients and less of others. Learn how to plan your meals for optimal nutrition and enjoyment.

Weight Management for Life

Popular diets come and go, and so does the weight! Learn some of the principles that will help you attain and maintain a weight that is healthy for you.

Type 2 Diabetes and Diet

Type 2 diabetes is the most common form of diabetes and it affects some 18 million Americans. This program addresses important dietary strategies for prevention and control of this disease.

Seasonings for your Heart

Sodium, in its many forms, has added flavor to our diets, but it contributes to hypertension. Discover both the subtlety and power of salt-free seasoning in this hands-on workshop. Participants will explore culinary solutions to enhancing flavor with herbs, vinegars, spices, and other seasonings.

Healthy Eating for the Holidays

Learn some tips for celebrating the holidays without sacrificing health and energy. Sample easy and delicious recipes and get new ideas for healthy food gifts and party foods.

Preserving the Bounty: An Introduction to Home Food Preservation

Have you always wanted to make your own pickles, jam, or flavored vinegar but been afraid to try? Learn the basics of safe dehydrating, pickling, jam and jelly making, canning and freezing. Participants will sample products and make a project to take home. This class can be offered alone or as a series.

To schedule a program, contact Sandra Varno at swv2@cornell.edu or 765-3500 ext 547. We are often able to tailor a program to your needs as well. Just ask! For workshops involving cooking or food sampling, we will need to bill your organization for the cost of the food (normally about \$2- \$3 per person expected).

Check our calendar of events in *CCE In Your Community* to find nutrition and wellness classes open to the public.



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