

Ohio State University Extension



“Dining with Diabetes” is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers. In a series of four classes, participants will learn how to incorporate good, healthy cooking techniques and other practices into their own kitchens to help manage their blood glucose. The program includes sampling healthy foods and discussion with a dietitian or certified diabetes educator.



Ohio State University Extension

Mission Statement: The National Extension Dining with Diabetes Working Group provides leadership and coordination for unified program delivery and evaluation of Dining with Diabetes

Instructors

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Under the direction of
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**** Cancellation Policy ****

We apologize registration fees are non refundable!

Ohio State University Extension

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CFAES provides research and related educational programs to clients on a nondiscriminatory basis. For more information:
<http://go.osu.edu/cfaesdiversity>.

Dining with Diabetes Registration Form: Please copy and submit a form for each registrant.

Name: _____ Company: _____

Address: _____ City: _____ State/Zip: _____

Phone: _____ Email: _____

FEES: _____ **\$25.00 (Single)** _____ **\$40.00 (Couple)**

Fees include, Four—2 hour evening classes, 5pm to 7pm, with a 45–60 gram of carbohydrates meal, many handouts and recipes. Classes taught by registered dietitian or certified diabetes educator.

* Class to be held at the Perry Behavioral Health Choices Activity Center: Located @ 112 S. Main St. New Lexington, OH 43764

Mail registration and payment to: OSU Extension Perry County, P.O. Box 279, Somerset, OH 43783
For questions contact the OSU Extension office @740-743-1602

Dining with Diabetes Program Components

Dining with Diabetes is a series of four classes conducted by OSU Extension and Ohio University. This program helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading. Participants have the opportunity to sample healthy foods made utilizing concepts taught.

Dining with Diabetes Series Program Objectives

- ◆ Increase knowledge about healthy foods
- ◆ Present healthy versions of familiar foods
- ◆ Demonstrate new cooking techniques
- ◆ Provide taste testing of new recipes
- ◆ Provide basic information regarding diabetes and nutrition
- ◆ Provide opportunities for sharing and learning from one another and from diabetes health professionals

Required Time and Length

- ◆ 4 classes lasting 2 hours
- ◆ 1 follow-up reunion class recommended 3-6 months after the last class in the series

Lesson Components

- ◆ Lesson 1: What is Diabetes?
- ◆ Lesson 2: Carbohydrates and Sweeteners Power Point Presentation
- ◆ Lesson 3: Fats and Sodium Power Point Presentation
- ◆ Lesson 4: Vitamins, Minerals, and Fiber Power Point Presentation
- ◆ Collection of recipes for Main Dishes
- ◆ Collection of recipes for Side Dishes
- ◆ Collection of recipes for Desserts
- ◆ Handouts

My SMART Steps

Each class you will create a SMART step to help you improve your blood glucose control. Here is an example of a SMART step:

Specific: Detail exactly what you want to do.

"I will check my blood sugar before meals and two hours after meals to evaluate my blood sugar control."

Measurable: Your goal should be something that you can measure to see if you've accomplished it or not.

"I will write down these blood sugars in a log on one weekday and one weekend day."

Attainable: Don't set yourself up for failure! Make your goal something that you can actually accomplish.

"Bringing my supplies with me and setting an alarm for blood sugars after my meals will help me remember and achieve my goal. Choosing two days of the week is not too overwhelming."

Relevant: Your goal should be related to what it is that you are trying to accomplish.

"This goal will help me gauge my diabetes control and show areas where I can improve."

Timely: The goal that you set should be time bound, meaning that you should give yourself a specific amount of time to accomplish it.

"I will log my blood sugars on one weekday and one weekend day within the next week."



ATTEND DINING WITH DIABETES AND TAKE CHARGE TODAY

Sign up for Dining with Diabetes and you'll learn how to incorporate good, healthy cooking techniques and other practices to help you control your blood sugar.

At Dining with Diabetes, you will:

- ◆ Watch live cooking demonstrations.
- ◆ Sample delicious food prepared for you.
- ◆ Gain new insights on healthy eating.
- ◆ Learn new skills to manage your diabetes.



2018 Dining with Diabetes Schedule

March:

Tuesday 20th—5 to 7pm

Friday 23rd—5 to 7pm

Tuesday 27th—5 to 7pm

Wednesday 28th—5 to 7pm

Location: Perry Behavioral Health Choices Activity Center: 112 South Main St. New Lexington, OH 43764

Register Early!
Space is limited.

