

One Small Change Can Make a Big Difference



CHOICES: Steps toward Health Online Series

The University of Massachusetts Amherst Extension Nutrition Education Program (NEP) is excited to announce the launch of a free virtual nutrition education program for adults about healthy eating and physical activity. NEP educators conduct remote nutrition classes in small groups. *CHOICES: Steps toward Health* is designed to be taught in a series of up to seven lessons, but can be conducted as a one-time single workshop. Lessons are offered in English and English as a second language (ESOL). Some lessons are offered in Spanish. Lessons are 45 to 60 minutes long, but the length and duration of the series can be customized for each collaborator's needs.

***CHOICES: Steps toward Health* lessons include these objectives:**

- ***Welcome to Choices*** - Introduction to MyPlate and goal setting for a healthy eating pattern.
- ***Moving to the Mambo*** - An exploration of choices for better health and ways to become more physically active.
- ***Whole-Grains Twist*** - Learn the difference between whole and refined grains, and how to add more whole grains to your meals and snacks.
- ***Fruit and Veggie Salsa*** - Learn the benefits of eating a variety of fruits and vegetables and ways to add them to your meals and snacks.
- ***Lower Limbo Now*** - Learn to choose lower-fat foods, limit calories, identify added sugars, and reduce saturated fats.
- ***Food Safety Four-Step*** - Learn the four basic principles of food safety, how bacteria can multiply in food, and ways to handle foods safely when shopping and at home.
- ***Kitchen Calypso*** - Learn super skills to become a smarter food shopper, plan balanced meals, and save money at the grocery store.
- ***Fast Foods a Go-Go*** - Learn to make healthier food and drink choices when eating out, recognize recommended serving sizes, and identify fat, sodium and added sugars in a fast-food meal.

Participants receive materials designed to reinforce key messages from each corresponding lesson. Materials may include a water bottle, measuring cups and spoons, a wrist pedometer, a food thermometer, a strainer, a spiralizer, and a shopping list pad. Upon completion of the program, each participant will receive a graduation certificate, a reusable shopping tote bag, and a cookbook featuring healthy recipes developed for participants in *CHOICES: Steps toward Health!*

For more information about scheduling this exciting program, contact an office in your region.

For more information, contact:

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