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## 2021 Health & Food Safety Topics

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# K-State Extension – Johnson County

11811 S Sunset Drive, Suite 1500, Olathe, KS 66061

[www.johnson.k-state.edu](http://www.johnson.k-state.edu) / 913-715-7000

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Presentations are 45-60 minutes with time for Q & A. Most classes are 2 hours long and include samples and recipe booklet.

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### Presentations:

**Nutrition Made Simple** – Does healthy eating confuse you? This presentation uses logical analogies and commonsense strategies to help you understand real nutrition so you can start eating healthy today.

**Diet – A Four Letter Word?** – There are lots of diets out there, but which one is the right one for you? This presentation will cover the good, the bad, and the absolutely terrible.

**The MIND Diet** – MIND stands for the Mediterranean-DASH Intervention for Neurodegenerative Delay. This presentation will explain how this dietary pattern and its compilation of both the Mediterranean and DASH diets focuses on brain health.

**Developing Healthy Habits** – Learn how to create new habits and routines so you can reach your health goals.

**Sleep: Want It, Need It, Get It** – Sleep is so important for our health. This presentation will discuss all the ways sleep is good for us and discuss strategies on developing successful sleep habits.

**Food After 50** - As we age, things change - and so should our eating habits. Tweaking your diet to match energy needs and activity levels is a smart way to maintain a good body weight and stay healthy.



### Crystal Futrell, MPH

Health & Food Safety  
Extension Agent

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913-715-7016 (direct)

### Biography

Born and raised in Metairie, Louisiana, a suburb of New Orleans, Crystal earned her Bachelor of Arts degree in history and communications from the University of Tennessee, and her Master of Public Health degree with an emphasis in Food Safety & Biosecurity from Kansas State University. Crystal was an Extension Master Food Volunteer and the SNAP-Ed Nutrition Educator prior to becoming the county's Health & Food Safety Extension Agent in 2013. In addition to her Extension Agent duties, she also supervises the Extension Master Food Volunteers.

## Classes:

**“Instant” Healthy Meals with Electric Pressure Cookers** – Lose your fear and fall in love with one of the hottest kitchen gadgets around. Electric pressure cookers are safe, easy to use, and a great way to get healthy and delicious dinners on the table fast. (\$15/person)

**Intro to Canning** – Have you ever wanted to can but didn't know where to start? Then come to our Intro to Canning class! We'll cover the basics and science of food preservation and review equipment needed so you can start canning safely—and deliciously. (\$15/person)

**Cooking for 1 or 2** – Making the transition from cooking for a crowd to cooking for one or two is not an easy journey. This class will show you how to budget, meal plan, shop, store and cook meals that are suitable for single/couple servings and still just as delicious and enjoyable. (\$15/person)

**Basic Bread** – Learn the science behind bread making with this hands-on workshop. We'll show you how to knead, shape and bake wonderful homemade bread. (\$15/person)

**Kitchen Magic with Herbs** – This seasonal workshop series highlights various uses of culinary herbs throughout the year. (\$15/person – includes a lunch)

**The Decorated Cookie** – Learn the fine art of decorating delicious sugar cookies in this hands-on workshop. We'll feature different decorating techniques and explore fun ingredients that will take your cookie baking skills to the next level. (\$15/person)

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*Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Johnson County K-State Research and Extension, 913-715-7000.*

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

*K-State Research and Extension is an equal opportunity provider and employer.*



## Other Programs

Cast Iron Skillet Cooking  
Meal Planning  
Keys to Embracing Aging  
Stretching Food Dollars  
Picky Eaters  
Powerful Produce  
Knife Skills  
Family Dance  
Eating Right When Dining Out  
Stretching 101  
Dining with Diabetes  
The DASH Diet  
Mediterranean Cuisine  
Fish for Beginners  
Sustainable Eating