
2023 Nutrition, Food Safety & Health Topics

K-State Research & Extension Johnson County

11811 S Sunset Drive, Suite 1500, Olathe, KS 66061
www.johnson.k-state.edu / 913-715-7000
foodhelp@jocogov.org

Chelsea Reinberg, MPH, RD

Nutrition, Food Safety & Health
Extension Agent

Chelsea.Reinberg@jocogov.org
913-715-7016 (direct)

Presentations and classes may be led by Nutrition, Food Safety & Health Extension Agent or by a trained Extension Master Food Volunteer. Presentations can be tailored to specific audiences and disease topic.

Other nutrition, food safety, and health topics not on this list can be covered and tailored to meet your needs. Please give at least one month notice for the development of presentation content.

Presentations are 60 minutes with time for Q & A. Shorter presentations are available upon request. Classes are 2 hours long and include samples and recipes

Presentation Topics:

Nutrition Made Simple – Does healthy eating confuse you? This presentation breaks down myths and provides strategies to help you understand real nutrition so you can start eating healthy today. Learn how to read food labels, identify diet traps, and make small lifelong changes.

Developing Healthy Habits – Learn how to create new and sustainable goals, habits, and routines around nutrition, physical activity, stress management, and sleep so you can reach your health goals.

Eating Across the Life Span – Each phase of life from infancy to adulthood requires different nutrition and behaviors for good health. Learn about what foods are important to health and how to make better food choices based on what is needed for your age.

Crash Course into Nutrition – Take a dive into your food and learn important facts and common sources of macronutrients (carbohydrates, protein, fiber, and fat) and micronutrient (vitamins and minerals) and the role that each of them play in keep our bodies properly functioning.

Powerful Foods for Fighting Chronic Disease – Our daily food choices can have a profound effect on either preventing or improving chronic disease, like obesity, cancer, heart disease, diabetes, and arthritis, and their associated symptoms. Presentation can be tailored for specific disease upon request.

Good Gut Health – The health of the bacteria in your gut is often overlooked. The health of your gut can affect your mental health, weight, and many other functions. Learn how to get better gut health to help you feel your best.

Not So Sweet Facts About Sugar – Sugar seems to be in everything these days. Learn how to identify this sneaky ingredient in foods, why food manufactures add it to food, how we can work to reduce sugar intake,

Healthy Eating on a Budget – Eating nutritious foods good for your health does not have to be expensive. These days it seems harder to stay within our budget. Learn tips and tricks to stretch your food dollars while maximizing nutrition.

Food Safety – One in six Americans each year will get sick from foodborne illness. Preparing and serving safe food is important to preventing these illnesses. Learn about the importance of food safety and what you can do to keep you, your family, and others healthy and your food safe. Note: See ServSafe Class if you need food safety certification.

Cooking Basics – Cooking great tasting and healthy food does not have to be intimidating and complicated. Learn the basics of how to plan, prepare, read a recipe, and make modifications.

Programs & Trainings:

Dining with Diabetes – Do you want to learn more about managing or preventing type 2 diabetes for yourself or loved one? This program is designed to help you make simple and lasting changes to live a healthier lifestyle. (\$25/person)

ServSafe Manager or Food Handler Certification – The ServSafe program is a national certification program designed to teach safe handling practices to foodservice employees and other who handle and serve food to the public. (Cost varies, contact Agent to confirm cost)

Cooking Classes Presented by Extension Master Food Volunteers:

Scan the QR code or visit johnson.k-state.edu to see our full list of upcoming events and to register.



K-STATE
Research and Extension

Master Food Volunteer
Johnson County

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the JoCo KSRE Office two weeks prior to the start of the event at (913) 715-7000. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

To Request a Speaker:



Email Chelsea Reinberg, scan QR code, or visit <http://bit.ly/3ilzsuQ>