



Eat Healthy Be Active Community Workshops

Healthy Food that Tastes Great Wednesday 11/4 2pm-3pm

This workshop focuses on the small changes participants can make to choose healthier fats, less salt, and less added sugar. Participants will be shown some basic food substitutions that give new ways to eat healthfully.

Quick Healthy Meals and Snacks

Wednesday 11/11 2pm-3pm

During this workshop participants will gain tips and tricks on how to prepare meals quickly and how to keep a well-stocked pantry. A review of healthy selections when eating out is also included because, occasionally, eating out is a part of life.

Eating Healthy on a Budget Wednesday 11/18 2pm-3pm

During this program participants will gain three skills for eating healthy on a budget- planning, purchasing, and preparing. Participants will be taught different skills to plan meals and snacks ahead of time, to help avoid purchasing fast foods that typically cost a lot more.

Losing Weight and Keeping It Off Wednesday 12/2 1pm-2pm

This workshop takes each participant's specific dietary needs into account. Participants will learn how to determine their body mass index (BMI) and determine the amount of calories they need each day and how to most efficiently choose foods with healthy ingredients and the least amount of calories.

Making Healthy Eating Part of Your Life

Wednesday 12/9 1pm-2pm

Participants will learn the basic concepts of living a healthy overall lifestyle and learn about the types of foods that should be eaten regularly and those that should be eaten only occasionally.

Physical Activity is Key to Living Well

Wednesday 12/16 1pm-2pm

Participants will learn how much physical activity to include as part of a daily routine, different types of physical activities, and learn how to develop and maintain a successful plan for an overall healthy lifestyle.

Please Join us Wednesdays: To Join either click on the title of the lesson on the day and time or use zoom link 11/4, 11/11, 11/18, at 2:00pm-3:00pm <https://cornell.zoom.us/j/97543758129> & 12/2, 12/9, & 12/16 1:00pm-2:00pm <https://cornell.zoom.us/j/93628702829>



Cornell Cooperative Extension Suffolk County
Extension Education Center
PO Box 2405, Riverhead, NY 11901 www.ccesuffolk.org



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