

Dining with Diabetes will:

- Increase your knowledge of healthy food choices for families with diabetes or other chronic diseases.
- Provide healthy versions of familiar foods that are easy and quick to prepare, inexpensive, and tasty.
- Promote behavior changes by offering demonstrations and tasting of healthy foods.
- Develop self-management skills.
- Provide opportunities to learn and share from one another.
- Provide basic diabetes education.



Classes will include demonstrations on how to prepare well-balanced meals that are healthy and use less fat, salt, and sugar without changing taste.

To learn more about
Dining with Diabetes
contact:

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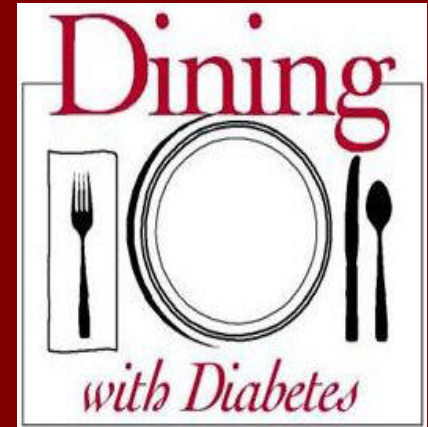


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The Delaware General Health District operates in accordance with Title VI of the Civil Rights Act of 1964. The Delaware General Health District's (DGHD) worksite consulting services are priced to include grant funding from the Ohio Department of Health's Cardiovascular Health Program. With grant funding DGHD is able to bring you many wellness services for free or at a discounted rate. In the event that grant funding is no longer available, the full service prices will go into effect.

*Funded by the Preventive Health and Human Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Cardiovascular Health Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

Holiday



November 2, 4, & 6, 2009
A three session cooking program
for people with diabetes and their
families.

Enjoy cooking for the holidays this year!

Sponsored by:
Delaware General Health District
OSU Extension Delaware County
Willow Brook Christian Village
The Rite Bite
Healthy Ohio



The Rite Bite



What is Dining with Diabetes?

- An educational program designed for people with diabetes and their family members or those who want to eat healthier.
- A three class series that includes diabetic food preparations, demonstrations, and many taste tests.
- Each class will include a three-course meal and recipes.



Who can participate?

- People with diabetes and their family members, caregivers, and support persons can enroll into Dining with Diabetes. Also those interested in learning how to eat healthier are welcome as well.

When are the sessions?

Monday, November 2nd
Wednesday, November 4th
Friday, November 6th

Time: 5:30-7:30pm

Where are the sessions?

Willow at Delaware Run
Summit Room
100 Delaware Crossing W.
Delaware, OH 43015

Who are the instructors?

Sarah Earhart, MS, RD, LD
The Rite Bite
John Lindeboom, Director of Food & Beverage
Willow Brook

Joyce Fittro, Extension Educator, Retired
Ohio State University Extension

Connie Codispoti, MS, RD, LD
Delaware General Health District

Cost for series?

\$30.00 (covers cost for dinner and supplies)

How can I enroll?

In order to enroll for the classes, please send your registration form and payment to:

OSU Extension
Dining with Diabetes
149 N. Sandusky Street
Delaware, OH 43015

Dining with Diabetes Registration Form

Name: _____

Address: _____

Phone: _____

Email: _____

DEADLINE:

THURSDAY, OCTOBER 29TH

Method of Payment

Check or Money Order

Cash

_____ attending (\$30.00/person)

Mail check or money order payable to:

OSU Extension
Dining with Diabetes
149 N. Sandusky Street
Delaware, OH 43015