

Nutrition and Health Educational Programs



Dining with Diabetes

Dining with Diabetes is a series of four 2-hour classes consist of a presentation on diabetes self-care or healthful food choices; a five to ten minute low-impact physical activity; presentations on tasty, healthy familiar foods, sampling foods, and demonstrations of cooking techniques using artificial sweeteners, reduced-fat foods, herbs, and spices.

The program is designed for people with diabetes, prediabetes, and their family members, caregivers, and support persons and is provided by certified extension agents.



Essential Living Skills

Essential Living Skills -- Essential Living Skills is an educational series designed to support individuals in managing stress, setting goals, and to achieve success in day-to-day living skills. Each component of the series includes tools, learning opportunities, and encouragement to simplify daily life. Some components in the series are: food, nutrition, and physical activity, healthful aging, home maintenance and time management. Essential Living Skills series can help you make the best of every day.



Master Food Volunteer

The Master Food Volunteer (MFV) Program provides a foundation of knowledge to volunteers in the subject areas of food safety, food science, food preparation, and food preservation. The program allows people with interests in food, cooking, and nutrition to take their expertise to a higher level while developing new avenues for helping in the community.



Walk Kansas

Walk Kansas is a team-based program that will help you and others lead a healthier life. The program encourages physical activity, improves strength and balance, helps one make better nutrition choices, and helps walk away your stress. Walk Kansas is an 8-week, statewide program that begins mid-March and involves more than 10,000 participants annually

Supplemental Nutrition Assistance Program Education (SNAP-Ed)

SNAP-Ed is a nutrition education and obesity prevention program for those with limited resources. SNAP-ED nutrition education is delivered through a series of lessons from approved curricula to address a variety of factors related to increasing individuals' household food security and overall dietary quality including healthful food selection, cooking skills, food safety, and food resource management. SNAP-Ed also uses comprehensive interventions that address multiple levels of the Social Ecological Model to reach the SNAP-Ed target audience in ways that are relevant and motivational to them. County FCS agents need to submit a Request for Proposal (RFP) by April 1 each year to be considered to receive grant funds for SNAP-Ed programming for the next federal fiscal year.

**Stay Strong,
Stay Healthy**



Stay Strong Stay Healthy Level 1

Stay Strong, Stay Healthy Level 1 (SSSH-1) is an evidenced based eight-week program for older and sedentary, middle-aged adults that meets the recommendation for healthy muscle strength. The program's goal is to improve health and quality of life. The hour long sessions meet twice each week. They include warm-up exercises, strengthening exercises with or without weights, and cool-down stretches. Participants learn the exercises and begin to improve strength, flexibility and balance.

**Stay Strong,
Stay Healthy
Level 2**



Stay Strong Stay Healthy Level 2

Stay Strong, Stay Healthy Level 2 (SSSH-2) is an evidence based, eight-week exercise program for older and sedentary, middle-aged adults. Its customized strength training routine builds upon the Stay Strong Stay Healthy Level 1 course and provides documented health benefits that help participants live independently longer. Certified instructors lead the program's hour long classes. SSSH meets the Centers for Disease Control and Prevention's (CDC) recommendations for healthy muscle strengthening activities.

For more information about Nutrition and Health Educational Programs, contact: