



Dining with Diabetes

A hands-on culinary experience that pairs nutrition education with health-centered cooking.

Cornell Cooperative Extension's Family Health and Wellness Program would like to introduce a NEW 2½ hour adult educational program that combines Diabetes related nutrition education with a hands on cooking class.

A major obstacle for many people living with Diabetes is figuring out what to eat and how to prepare it. This unique workshop will cover basic Diabetes centered healthy eating principles while also teaching participants how to prepare meals that fit their health goals without sacrificing flavor. Participants will prepare and enjoy 3 new recipes that are both nutritious and delicious! Cooking supplies and ingredients will be provided by the Cornell Cooperative Extension; kitchen not required.

For more information and to inquire about fees, please contact:
Jessica Schreck, RD CDN CDE at 631-727-7850 x 342 or jas945@cornell.edu

Cornell Cooperative Extension | **Suffolk County**
Family Health and Wellness Program

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.