

NUTRITION AND HEALTH PROGRAMS IN THE KC METRO AREA

Stay Strong Stay Healthy

A strength training program for adults aged 40+. The class meets for one hour, twice a week for eight weeks to complete a series of eight exercises with a warm-up and cool down. Balance and flexibility are measured before and after the series. Most participants see improvement in strength, flexibility and balance after taking this class.

Fee: \$50 per person

Home Food Preservation

The six lessons in this curriculum that include: Harvesting and Storing Produce, Pressure Canning Low Acid Foods, Salsa, Jams and Jellies, In a Pickle and Freezing and Drying. These are hands-on classes lasting 1½-2½ hours each. We can offer the series of classes or choose only one or two.

Fee: \$15 per person per class



Matter of Balance

A Matter of Balance is a holistic program focused on preventing falls among adults and seniors. This program is taught in eight, two-hour sessions. The sessions help participants learn how to view falls and the fear of falling as controllable. There will also be information on how to set realistic goals for increasing activity, as well as how to change their environment to reduce fall risk factors. In general, the program promotes exercise to increase strength and balance to help reduce

the risk of falls in older adults. Research states that falls are the most common reason for adult emergency room visits and if falls can be prevented, adults can save thousands of dollars in healthcare expenses. Missouri citizens have identified aging and living independently as priorities for educational programming.

Fee: \$25 per person

Taking Care of You

Taking Care of You (TCY) is a four session stress management program for adults. The Taking Care of You program was developed to help participants. Over the four two-hour program sessions, participants learn about concepts and practical strategies they can incorporate into their everyday lives to reduce stress levels and improve lifestyle behaviors to better manage life's challenges. Taking Care of You is based on concepts and strategies from the evidenced-based program Mindfulness-Based Stress Reduction (MBSR) founded by Jon Kabat-Zinn of University of Massachusetts School of Medicine, as well as research-based concepts and strategies from the field of positive psychology.

Fee: \$25 per person

Tasty Cooking for Hypertension

Let's explore new flavors that can help you stick to a diet low in sodium and high in fiber, protein, potassium, magnesium, and calcium. All of these are needed to help reduce high blood pressure. Sessions will include nutrition dos and don'ts, creating your spice blend; and making a tasty meal to try.

Cost: \$50 for two 2-hour sessions



Cooking Matters and Cooking Matters at the Store



This program from *Share Our Strength* is designed for families with limited resources. *Cooking Matters* is a six-session course that combines hands-on cooking experience with nutrition education. Participants take home the ingredients for one recipe to make at home after each workshop. *Cooking Matters at the Store* is a one-time program that includes a tour of the grocery store that stresses food label reading and how to make the most of your food dollar.

Fee: \$0, grant funded

Workshops for Child Care Providers

A variety of training workshops are co-sponsored with the Missouri Team Nutrition Program and approved by Child Care Aware for implementation. The nutrition information and resources build on knowledge and skills in nutrition and physical activity and gives the staff the capacity to encourage healthy habits in children. Professional development credits are provided to daycare staff and providers.

Fee: \$0, grant funded

Chronic Disease Self-Management

This is a 6-week course for anyone with any type of chronic condition. Participants meet once per week for 2½ hours to discuss the diseases and the impact they have on their lives. Topics include dealing with difficult emotions, nutrition, physical activity, pain

and fatigue management, communication and working with your physician.

Participants set and report on goals each week. The program was developed by Stanford University and Funded by the Arthritis Foundation.

Fee: \$0, grant funded

Diabetes Self-Management (DSMP)

DSMP is given 2½ hours once a week for six weeks, in community settings such as churches, community centers, libraries and hospitals. People with type 2 diabetes attend the workshop in groups of 12-16. The workshops are facilitated from a highly detailed manual by two trained Leaders, one or both of whom are peer leaders with diabetes themselves. Subjects covered include: 1) techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; 2) appropriate exercise for maintaining and improving strength and endurance; 3) healthy eating 4) appropriate use of medication; and 5) working more effectively with health care providers.

Fee: \$0, grant funded

Eat Smart in Parks

This effort includes the development of a model *Eat Smart in Parks* policy that guides parks in serving healthier options, training for state and local parks to assist them with using the guidelines and materials to promote healthier items. While the project is in its pilot phase, there is growing interest in ways parks and other places of recreation can offer fresh, flavorful foods to patrons that are good for them, too. The *Eat Smart in Parks* project team is led by individuals from University of Missouri Extension, Missouri State Parks, Missouri Parks and Recreation Association (MPRA) and the Missouri Council for Activity and Nutrition (MOCAN).

Fee: \$0, grant funded



Stock Healthy, Shop Healthy

Stock Healthy, Shop Healthy is a comprehensive, community-based program that helps communities to improve access to healthy, affordable foods by working with a small food retailer. Millions of Americans have limited access to a supermarket, which means they must rely on fast-food restaurants, gas stations and corner stores to feed themselves and their families. People who have better access to supermarkets are more likely to eat more fruits and vegetables and less likely to be overweight or obese. Through toolkits, resources and webinars, Stock Healthy, Shop Healthy will guide any community through a unique approach to increasing access to healthy foods that involves engaging small food retailers and community members, and thus addresses supply and demand at the same time.

Fee: \$0, grant funded

1 hour Sessions for Groups

**(Non-Profit groups: \$30,
For-Profit groups:\$75)**

Healthy Holiday Meals
Healthy Eating on a Budget
Food Safety for Seniors
How to Read a Food Label
Nutrition and Aging
Diabetes Basics
Childhood Obesity
Dodging Dementia with Diet
Grocery Store Tours (actual & virtual)
High Phy Foods
SoFAS (Solid Fats & Added Sugars)
Gluten and Gut Health

For more information or request for any of these programs, please contact:

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