

Signature Programs

Education Programs:

- Break up with Salt (hypertension management)
- Dining with Diabetes (diabetes management)
- Small Changes/Healthy Habits (improving health; reducing risk to chronic diseases)
- Smart Portions (weight management)

Presentations and Workshops:

- Cooking with Small Appliances
- Mediterranean Diet
- MyPlate and Dietary Guidelines
- Heart Health
- Weight Management
- Chronic Disease Prevention
- Kid's Cooking
- Being Physically Active
- Fats/Sugar/Sodium
- Shopping on a Budget
- Food Safety
- Gut Health
- Whole Grains
- Cooking/Recipe Demonstrations
- Lunch and Learn Presentations
- Farmers Market Activities
- Grocery Store Tours
- ... and more!

Author Credit

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The LSU AgCenter and LSU provide equal opportunities in programs and employment.

What Participants Are Saying:

"Best cooking program I've been to!"

"Great, this workshop has inspired me to cook more!"

"I'm all for it ... it's a great [healthy eating] program. I feel so much better."

"I learned to create healthy lifestyle goals that are specific, 'do-able' and sustainable."

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