WHAT IS DINING WITH DIABETES?

Dining with Diabetes is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers.

In a series of four classes, cooking demonstrations will help you learn healthy techniques to use in your own kitchen. The program includes sampling healthy foods and discussion with a dietitian, plus a follow-up reunion class held at a later date.

WHO SHOULD ATTEND?

Spanish language only persons with concerns about diabetes or anyone interested in controlling blood sugar is encouraged to participate and to bring a family member, friend, caregiver, or other support person.

ATTEND DINING WITH DIABETES AND TAKE CHARGE TODAY

Sign up for Dining with Diabetes and you’ll learn how to incorporate good, healthy cooking techniques and other practices to help you control your blood sugar.

At Dining with Diabetes, you will:

▪ Gain new insights on diabetes management:
  Lesson 1: Living well with diabetes
  Lesson 2: Carbohydrates and Sweeteners
  Lesson 3: Fats and Sodium
  Lesson 4: Vitamins, Minerals & Fiber
▪ Watch live cooking demonstrations.
▪ Sample delicious food prepared for you.
▪ Learn new skills to manage your diabetes.

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The University of Idaho is an equal opportunity/affirmative action employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation, or disability.
The Bingham County Extension Office is Offering Dining with Diabetes. Please sign up today!

Register Today!