



Following a careful meal plan is the first step in managing diabetes and keeping blood sugars in a therapeutic range. This is also the hardest step in diabetes management. *Dining with Diabetes* helps by teaching persons with diabetes ways to reduce sugar, salt, and fat in foods, without giving up good taste.

"This institution is an equal opportunity provider."

Kent Co. Extension Office
69 Transportation Circle
Dover, Delaware 19901



Cooperative Extension
COLLEGE OF AGRICULTURE &
NATURAL RESOURCES



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NATURAL RESOURCES

A cooking program for
people with diabetes
and their families



NATIONAL EXTENSION WORKING GROUP

*Now is the time to take
charge of your diabetes*

2017
Fall
Classes

What is Dining with Diabetes?

The program is designed for people with diabetes and their family members. The four-class series includes diabetes education, cooking demonstrations, and tasting of healthy foods. After each lesson, participants will take home recipes and knowledge about how to manage diabetes in their daily lives.

Class Demonstrations:

- Class 1 - Mealtime for Individuals with Diabetes
- Class 2 - Desserts
- Class 3 - Main Dishes
- Class 4 - Side Dishes

Who can participate?

People with diabetes and their family members, caregivers, and support persons can enroll in *Dining with Diabetes*.

Persons with basic nutrition education for diabetes will benefit most. *Dining with Diabetes* is designed to complement, not replace, diabetes management classes.

Attendance is limited to the first 25 registered persons at each cooking series. The cost of the 4 sessions plus the reunion is \$50.00

Who are the instructors?

Classes are taught by University of Delaware Cooperative Extension:

- Kimi Moore, RD
- Kathleen Splane, MS

The University of Delaware welcomes and encourages participation of all individuals. If you should have special needs because of disability, please notify us when you register.

Questions? Call 302-730-4000

Class Locations and Dates:

New Castle County Cooperative Extension
461 Wyoming Road
Newark, Delaware 19716
(302) 831-2506
Tuesdays from 9:30 – 11:30 pm
September 26, October 3, 10, and 31, 2017
Reunion Date: January 9, 2018 9:30 – 11:30 pm

Sussex County Cooperative Extension
16483 County Seat Highway
Georgetown, Delaware 19947
(302) 856-7303
Thursdays from 6:00-8:00 pm
September 28, October 5, 12 and 26, 2017
Reunion Date: January 11, 2018 6:00-8:00 pm
Due to generous funding from the Sussex County Health Coalition, Sussex County residents can enroll in this class free of charge.



To enroll:

There are several payment options:

-Send your check for \$50 made payable to the University of Delaware

-Sussex County residents – please check the appropriate line on the registration form for free enrollment compliments of the Sussex County Health Coalition

-Participants in the State of Delaware Diabetes Self-Management Education Program can submit their “cooking class” voucher for free enrollment – please include voucher with registration

Send registration form and payment to:
UD Kent Co. Cooperative Extension Office
69 Transportation Circle
Dover, Delaware 19901

Registration Form

Name: _____

Address: _____

Telephone: _____

I will attend the four-part series and reunion in:

_____ **Newark** on September 26, October 3, 10, and 31, 2017

_____ **Georgetown** on September 28, October 5, 12 and 26, 2017

_____ Enclosed is my check for \$50

_____ I am a resident of Sussex County and the Sussex Health Coalition is covering my registration

_____ Enclosed is my cooking class voucher from the Diabetes Self-Management program

