



Nutrition Education Online Classes

FOOD for Lane County and OSU Extension

Free online classes

Multi-week class series

Cooking Matters for Families- (6 week; 1.5 hours) CMF is a weekly class that teaches participants the basics of cooking, general nutrition and budgeting for families as well as specifics about feeding young children. Participants receive recipes, ingredient bags delivered to their home, of the recipes made in class, and a ton of helpful tips.

Cooking Matters for Adults- (6 weeks; 1.5 hours)* **COMING SOON** - CMA is a weekly class that teaches participants the basics of cooking, general nutrition and budgeting for adults. Participants receive recipes, ingredient bags delivered to their home, of recipes made in class, and a ton of helpful tips.

Eating Smart, Being Active (8 weeks; 1 hour)

This class series focuses on 8 simple lessons where participants will learn how to: eat healthy foods on a limited budget, plan meals and snacks, save money when shopping for food, keep foods safe to eat, and include more physical activity every day. Students who attend at least 6 of the 8 classes will receive a Kitchen Kit!

One-time classes

Cooking Matters at the Store- (1.5 hours)* A single, two-hour class held online. It provides a virtual tour of the grocery store that focuses on label reading, choosing healthy food and saving money while shopping. Participants create a meal plan for a family of 4 for under \$10. After the class, participants are sent a \$10 gift card to finish a \$10 challenge in person.

Picky Eaters- (45 minutes- 1 hour)* This class introduces ways to open the minds of choosy eaters and promotes a way of splitting up food tasks, for adults and kids to increase harmony at the table. This class is loaded with practical ways to get the whole family more excited about food.

Cooking for One or Two- (45 minutes- 1 hour) This class teaches organizational skills, food preservation methods and ways to cook more productively for one person. We cover reducing recipe sizes, which foods are good for freezing, and many other techniques to give the individual skills for solo cooking.

** Offered in English or Spanish*

Nutrition Education Classes

One-time classes (continued)

Introduction to Cooking with Herbs and Spices (45 minutes- 1 hour) Have you wanted to give your meals more flavor or go easy on the salt? Herbs and spices are a great way to provide variety and flavorful options with basic, healthy ingredients. But where do we start? We can give you tips on how to start experimenting with different options, ways to shop for seasonings on a budget, recipes for healthy homemade seasoning packets and give direction when you ask “What seasonings work with which foods?”.

Seasonal Fruits and Veggies- (45 minutes- 1 hour) We teach everything from the financial benefits of buying seasonal produce, to identifying what is in season and common cooking methods of fruits and vegetables. The class includes a seasonal matching activity, a meal planning exercise that bases the meal around these often pushed aside food groups, and a food demo highlighting a seasonal food. A laminated, magnetic seasonal produce chart is provided to each household.

Cooking Beans- (45 minutes)- COMING SOON Beans are an incredible, affordable source of nutrients! This is a “Beans 101” class. It covers bean identification, their nutritional benefits, a step-by-step of how to prepare dried beans and we do lots of brainstorming about how to incorporate them into meals. We end the class with a quick food demo and tasting of a recipe that includes one of the many varieties of this lovely food.

Crockpot Cooking- (45 minutes)- Crockpots can be a lifesaver for busy people. They can also be really intimidating to someone who has never used one. This class is meant to inspire participants to take the crockpot out from the depths of the cupboard and into use! We cover crockpot anatomy, food safety and of course, the basics of how to use a crockpot. We play “Crockpot Bingo”, test an easy crockpot dish and give lots of information and recipes that participants can take with them.

Take Two! The Art and Science of Leftovers- (45 minutes- 1 hour) Did you know the average family of four throws away an average of \$60 of wasted food per month? During this class, we do lots of trouble shooting and idea sharing about techniques to help reduce this waste and make the most of food resources. Information regarding food storage practices and expiration dates are also addressed. We create a quick recipe, using commonly wasted foods at each class. Participants are given a laminated, magnetic “list of leftovers” to post on their household refrigerators.

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One-time classes (continued)

Food Box Magic- Shopping and Meal Planning with a Food Box- (45 minutes – 1 hour)- Meal planning is hard enough, but when using the sometimes-unexpected food given in a food box to do it can add extra time in the kitchen and stress. We teach you how to shop smart at a food pantry, use the food you've got, stretch the resources you have and get creative. We provide recipe frameworks to help provide the additional flexibility you need when your choices are slightly limited.

Vegetarian Cooking- (45 minutes -1 hour)- Are you interested in exploring the basics of a Vegetarian diet? This class reviews the benefits of this popular eating pattern, explores different versions of a vegetarian diet, the nutrients needed to assure a balanced diet and focus on practical ways to create healthy, well-rounded vegetarian meals. Spoiler: It doesn't have to break the bank!

Cooking Matters- Hack Your Snack! (45 minutes- 1 hour) *

How do you and your family choose which snacks to eat? In **Hack Your Snack**, community health educators will provide ideas on how to make healthy, homemade snacks with ingredients you have on hand. We'll share tips for identifying healthier choices at the store and saving time when buying and preparing healthy snacks. Participating families will receive a bag of groceries to duplicate a recipe from the class (food to be received after class is complete).

Cooking Matters- No More Mealtime Madness (45 minutes- 1 hour) *

Is pulling dinner together a stressful hassle? In **No More Mealtime Madness**, community health educators will help participants prepare quick, budget-friendly, chaos-free meals at home, with an emphasis on planning menus and stocking a basic pantry. Participants will receive a bag of groceries to duplicate a recipe from the class (food to be received after class is complete).

Cooking Matters- Kids Say Yes to Fruits & Veggies (45 minutes- 1 hour) *

Learn to incorporate more fruits and vegetables into family snacks and meals.

Cooking Matters- Making Recipes Work for Your Family (45 minutes- 1 hour)

Learn to adjust recipes to maximize food resources and meet your family's preferences and needs.

Cooking Matters- The Family Kitchen (45 minutes- 1 hour)

Children are much more likely to try new foods when they are involved in food preparation. In this class, community health educators will provide ideas on how to engage kids in cooking healthy and tasty meals and share resources to make it all feel possible. Participating families will receive a bag of groceries to duplicate recipes from the class (food to be received after class & survey are complete).

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One-time classes (continued)

Cooking Matters- Drink to Your Health (45 minutes- 1 hour) *

Learn the importance of offering more water and limiting sugary-beverages to children in your care. Fun recipes for healthy beverages are included.

Cooking Matters- Let's Talk about Food Waste (45 minutes- 1 hour) *

The most expensive food is the food we waste. Learn to use all the food available to you, to save money and reduce household waste!

Cooking Matters- Feeding in the First Year (45 minutes- 1 hour)*

Feel confident that you can create a healthy food environment for your child at home! Participants will learn to read a child's cues to understand appropriate feeding, and learn to save time and money by preparing safe and age-appropriate foods.

** Offered in English or Spanish*