



Community Health Network of Connecticut, Inc. (CHNCT) offers its members a variety of workshops through the “**Choices**” program. “**Choices**” began as a partnership between CHNCT and the state Department of Public Health. It strives to provide culturally appropriate nutrition and health education for children and adults.

The following is a list of “**CHOICES**” workshops that are currently being offered by CHNCT:

AFRICAN AMERICAN WOMEN AND HEART DISEASE

This workshop offers information on risk factors and what women should do to stay healthy. We will discuss questions to ask your doctor and advice on when to follow up if you don't understand test results. We will also talk about food choices and alternatives to those beloved recipes passed down from generation to generation.

CHOICES TEST TUBE DISPLAY

This is a visual display workshop for children and adults alike. Through a variety of displays, it shows fat, sugar or salt contents in many favorite foods. The workshop also provides healthy alternative to add to your diet.

COOKING ON A BUDGET

Today more than ever families are facing challenges with how to choose foods that are healthy for them while staying within a budget. This workshop teaches participants how to calculate what a family would use in a month for groceries and how to stretch these dollars using a combination of food stamps, food pantries and your own money. You will also learn how to cook one meal and use it for three to four different meals. Handouts for this workshop include recipes and budgeting calculators.

FOOD FOR THOUGHT

This workshop helps participants learn about how foods and exercise can affect the aging process. Learn the foods that build you up and the foods that can create imbalance. Handouts for this workshop include recipes and information on aging.

FOODS THROUGHOUT THE CENTURIES

Children love touching, tasting and smelling a variety of foods. In this workshop, children have an opportunity to do just that along with learning about different cultures and the many ways food has been used for medicine over time. A variety of visuals are used, such as coconuts, mangos, sugar cane, peppermint, salves and teas. We then talk about what each one was used for as medicine, along with which foods are still being used by tribes and/or communities today.

HOME SAFE HOME

Learn how to clean your house without chemicals using ingredients like baking soda and white vinegar. Today, many families deal with a variety of respiratory issues and eliminating chemicals from the environment can be one helpful way to reduce some of those triggers. Samples and recipes are given to participants to try at home.

KIDS IN THE KITCHEN

Together we will make some fun, healthy recipes that you can teach mom and dad to make. Recipes will be made that kids can easily and safely do with supervision, as well as snack ideas they can put together themselves. Handouts for this workshop include a variety of recipes.

NUTRITION WORKSHOP FOR MEN

Together we will discuss issues men are dealing with today. Many men do not go to the doctor for many reasons. If you don't know your numbers – cholesterol, diabetes, blood pressure – how do you know how to adjust your diet? Visuals include fat, salt and sugar contents in foods; how to read a label; knowing your numbers; and also easy to put together recipes that will be nourishing but also satisfying. We will learn to cook a few recipes together. You will also receive recipes and shopping lists.

SO WHAT THE HECK CAN I EAT?

This workshop provides an interactive discussion on common concerns regarding nutrition. It includes: how to read a label; good fat vs. bad fat; the breakdown of carbohydrates, calories etc. This workshop includes a cooking demo. Handouts for this workshop include: label reading; fat facts; carbohydrates, fiber and calorie breakdowns; recipes, etc.

STRESSED OUT!

Role playing activities help children learn different strategies that address common choices in everyday life. "Your best friend invites you to a party where

you know their will be alcohol. You” “You get a bad grade on your report card that you didn’t expect. You tell the teacher...” Kids get an opportunity to act out different scenarios and learn that they can better affect outcomes of stressful situations. Handouts for this workshop include strategies on how to better communicate during stressful situations.

If you are a CHNCT member and have a question about our Choices workshops, please contact Terry Dumais, Nutrition and Wellness Specialist, at 203.949.4197 or tdumais@chnct.org.

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