
Lunch and Learn Program Details

The base price for a typical lunch and learn class ranges from \$35 to \$75. Prices for Lunch and Learns vary somewhat depending on location, size of the group and cost of ingredients used for demonstration and samples.

Help your employees make the most of their workday by providing them with resources to improve their health while on the job!

Call for additional details and to schedule your next lunch and learn.



Get moving to a healthier tomorrow.



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Colorado State University, U.S. Department of Agriculture and El Paso County cooperating. Extension Programs are available to all without discrimination.



Presents

Lunch and Learns

***To improve the health
and well-being of your
employees in the
workplace.***



Tel: 719-636-8920

www.elpasoco.colostate.edu

Lunch and Learns for a Healthy Lifestyle

The lunch and learn programs bring the resources of Colorado State University to you and your employees at the workplace to improve nutrition, fitness and overall wellness of employees.

All program material is:

- Current
- Research-based
- Relevant

Programs contain lecture and demonstration components and generally require 30-45 minutes of time. However, programs can be tailored to fit your lunch time constraints.

CSU Fact sheets and handouts will be provided to employees along with the opportunity to ask questions and sample healthy recipe ideas.

LUNCH AND LEARN TOPICS:

Choose from one of the following:

Nutrition and Fitness

- ◆ Small Changes Make a Big Difference: Preventing Diabetes

Positive changes in diet and exercise can reduce the risk of developing diabetes by 58%

- ◆ MyPyramid: Steps to a Healthier You



- ◆ Whole Grains: Identify and Enjoy

Includes information on reading and understanding labeling claims and nutritional labels.

- ◆ Snacks and Sacks: Packing Healthy Food for the Workplace



- ◆ The Dark Side of Discretionary Calories
 - ◆ *Make the most of your discretionary calories and learn about possible health benefits of dark chocolate.*
- ◆ Healthy Eating Tips for the Holidays
- ◆ High Altitude Food Preparation 101
 - ◆ *Includes tips to modify recipes for high altitude success and improved nutrition*
- ◆ Quick and Nutritious Dinner Ideas
- ◆ Strong Women, Strong Bones: Preventing Osteoporosis with strength training and nutrition



Food Safety

- ◆ Worksite Food Safety

General Wellness

- ◆ Healthy Homes: Radon

Topics may also be developed based upon request.