McKinley Nutrition Workshop Request

ALL REQUESTS MUST BE MADE AT LEAST 2 WEEKS IN ADVANCE!

Current Date: ___________________________ Contact Person: ___________________________

Phone Number: ___________________________ E-mail: ___________________________

Organization: ___________________________ Location of Workshop: ___________________________

Estimated number of attendees: ___________________________ Address of Workshop: ___________________________

Date of Workshop: ___________________________ Time: ___________________________ □ a.m. □ p.m.

Alternate Date: ___________________________ Time: ___________________________ □ a.m. □ p.m.

TYPE OF WORKSHOP

Please Check the Program/Topic Desired:

☐ Buffet Style Eating ☐ Food Plate Analysis
☐ Dieting Myths ☐ Peers Table
☐ Sports Nutrition ☐ Snack Demonstration
☐ Take a Nutritionist to Lunch/Dinner ☐ Other (please specify): ___________________________
☐ Cooking on Your Own

DESCRIPTION OF PROGRAMS

Buffet Style Eating (Power Point Presentation):
Topics covered in this presentation include the affects of buffet-style dinning on consumption, the food guide pyramid and portion sizes, hunger and satiety, and the affect of alcohol on food consumption.

Dieting Myths (Power Point Presentation):
Learn the truth about fad diets and how healthy eating and exercise are keys to weight loss.

Sports Nutrition (Power Point Presentation):
Topics include pre-competition meal, hydration, weight issues, general healthy eating, and sports supplements.

Take a Nutritionist to Lunch or Dinner:
Have a nutrition peer come to your hall or floor and discuss foods in the buffet line. The peer will point out “smart bites” or healthy food choices, discuss portion control, and answer questions for your residents.

Food Plate Analysis:
Peers will come to your dining hall, Greek house or cafeteria and assess the residents’ plates. Calories, fats and portions will be discussed with each participant in addition to tips to improve the nutritional quality of his plate.

Peers Table:
Having a fair and looking for interesting display booths? Have the Nutrition Peers come out and showcase the importance of healthy nutrition, play games with fair participants and give away cool prizes.

Smart Snacks Demonstration:
Learn how to make healthy snacks that are quick, easy and taste great too! Taste samples of food and learn about key nutrients in a balanced diet. Note: The groceries for this program must be funded by the requesting organization.

Cooking on Your Own:
Have the peers come out and talk about healthy cooking including tips for grocery shopping and food preparation.