

MSU Extension's high-quality and affordable educational opportunities promote healthy lifestyles and empower Michigan residents to take control and manage their personal health. In our programs, participants learn to consume nutritious diets on a budget; improve personal, family and community relationships; reduce the spread of foodborne disease; and become leaders in the food industry. MSU Extension food and health programs serve the needs of children, youth, families and communities in urban, rural and suburban areas.

MSU Extension educators and specialists also work with individuals and community leaders to provide customized programming and educational opportunities based on the latest evidence-based research and county-specific needs. We encourage you to contact your local MSU Extension office about crafting programming that is right for you, your family and your community.

✿ Food, Health & Well-Being

In MSU Extension programs, young people learn about healthy lifestyles and prepare to make their own healthy lifestyle choices. We offer them a variety of educational resources and tools related to nutrition, fitness and health.

Diabetes

MSU Extension diabetes programming provides the practical knowledge and skills needed to improve the healthy behaviors of Michigan residents who are at risk of diabetes and people who care for loved ones with diabetes. Participants improve their behavior related to food consumption, physical activity, self-management, self-efficacy, health status and health care use. People who are prediabetic learn how to help prevent or delay the onset of Type 2 diabetes. Those who are already living with Type 2 diabetes learn to successfully manage their condition.

Diabetes Prevention Program

This program is for people who have been diagnosed with prediabetes or who have risk factors for Type 2 diabetes. They learn to incorporate structured, healthy lifestyle habits that will help them reduce their risk of actually developing diabetes. Participants attend 16 weekly sessions focusing on nutrition, physical activity and environmental changes, followed by six to eight monthly follow-up sessions.

Dining With Diabetes

Participants learn to make healthy food choices and incorporate balanced menus into the family dining experience. The workshops are targeted toward people who have been diagnosed with Type 2 diabetes and members of their support systems. The five-session series includes research-based education, food preparation demonstrations and healthy recipe tastings.

The 4-H clover



next to a program name indicates that its primary audience is 4-H.





Food Budgeting

Food budgeting programs teach families and individuals about financial planning and ways to stretch their food dollars. MSU Extension connects Michigan residents to community resources that can help ensure they and their families have nutritionally balanced diets.

Personal Action Toward Health (PATH)

PATH is for people living with chronic conditions such as diabetes, heart disease, asthma, arthritis and chronic pain. Participants learn important skills such as goal-setting, dealing with pain and fatigue, communicating with health care professionals and managing medications. These skills better equip them to face the daily challenges of living with chronic conditions. Two specialized PATH workshops are also available:

- PATH: Diabetes
- PATH: Chronic Pain

Senior Project FRESH & Market FRESH

This program is for seniors aged 60 and up with total household incomes of 185 percent of the poverty level or less. After attending nutrition lessons, participants receive coupons for buying unprocessed, Michigan-grown products from authorized farmers markets and roadside stands. The program helps seniors buy the fresh produce (such as berries, lettuce, tomatoes, onions, beans and honey) they need for healthy aging.

Nutrition & Physical Activity

MSU Extension programs are designed to help people increase their knowledge and improve their nutrition-related skills, attitudes and behavior. Our goal is to help program participants better understand the value of a balanced, healthy lifestyle. MSU Extension also teaches Michigan residents the importance of physical activity in their everyday lives. We work with diverse audiences at local, county and state levels to help them implement everyday changes to their own and their family diets and physical activity levels. This leads to healthier lifestyles and increased nutritional well-being.

Cooking Matters

Participants learn important skills and gain the knowledge and confidence they need to provide themselves and their families with meals that are both nutritious and wallet-friendly. Cooking Matters participants learn how to select and prepare nutritious foods, choose budget-friendly ingredients, and use a variety of cooking techniques to prepare healthy meals for their families. These Cooking Matters variations are available:

- Cooking Matters for Adults and Teens
- Cooking Matters at the Store
- Cooking Matters for Child Care Providers

MSUE PUBLICATIONS



Jump Into Foods and Fitness

This research-based curriculum helps kids ages 8 to 11 learn the importance of nutrition, increased physical activity and food safety. Through the program's eight "Kangaroo Jumps" or sessions that are led by JIFF the Joey, young people participate in physical fitness and nutrition activities while increasing their strength, flexibility and endurance, tasting and preparing foods, and learning how to keep foods safe.

bookstore.msue.msu.edu

Eat Healthy, Be Active

This evidence-based series of lessons is designed to improve participants' health and reduce the risks associated with obesity and major chronic diseases. The Eat Healthy, Be Active program helps adults learn the skills they need to make healthy eating and regular physical activity part of their lifestyle.

Eat Smart Live Strong

This program is designed to help adults who are aged 55 and up adopt health and nutrition behaviors that will improve their quality of life. The six-session series helps older adults improve their health by increasing their fruit and vegetable intake and becoming more physically active.

Healthy Harvest

Growing your own vegetables has many benefits, including healthier eating and reduced stress. The Healthy Harvest program is designed to help participants learn basic gardening skills and use what they grow to prepare healthy and tasty meals. The program is a partnership of MSU Extension's health and nutrition and Master Gardener programs.

My Way to Wellness

This online, interactive workshop promotes healthy life habits. Participants learn about goal-setting, their own nutritional and physical activity needs, making healthy food choices, reading food labels, understanding fat and sugar facts, planning meals, incorporating fruits and vegetables into their meals and snacks, and balancing their energy use with their calorie intake.

Project FRESH

Through this program, people who are eligible for federal WIC benefits receive coupons that allow them to buy fruits and vegetables from local farmers markets. Participants learn how to choose produce that is locally grown, prepare fruits and vegetables, store and preserve fresh fruits and vegetables, and increase their fruit and vegetable intake.

Show Me Nutrition

This evidence-based curriculum provides young people in prekindergarten to eighth grade with age-appropriate nutrition and physical activity education. Participants receive handouts and engage in activities designed to help them learn how to incorporate good nutrition, food safety, physical activity and positive body image into their lives. They also learn to recognize and resist inappropriate media influences on their healthy choices.



Keeping People Healthy

When you support MSU Extension, you help participants learn safe food handling practices, increase their physical activity and improve the quality of their diets. Extension programming also helps decrease incidents of violence and bullying. Encouraging these healthy behaviors helps reduce food and health care costs by helping prevent chronic health conditions and providing safe environments throughout a person's life span.



Safe Food & Water

MSU Extension offers high-quality and affordable programs that help Michigan residents learn the importance of safe food and clean water to their everyday lives. Our high-quality, research-based programs help community food handlers learn safe food-preservation skills and techniques. Michigan consumers and their families learn up-to-date techniques for canning, freezing, dehydrating and storing food following U.S. Department of Agriculture guidelines. Programs also cover topics such as personal hygiene, transportation, unsafe environments and cross-contamination to help reduce the risk of foodborne illness.

Communicating Fish Consumption Advisories

Michigan Sea Grant Extension helps shape the way fish consumption advisories for Michigan waters – particularly along the Detroit River – are communicated to the general public. This Extension program has helped develop signage along the Manistee River and facilitated the creation of the Detroit River Citizens Fishery Advisory Council.

Consumer Seafood Education

Michigan's lakes, rivers and streams are home to some of the most delicious fish in the world. Michigan Sea Grant Extension has formed key partnerships with federal and state agencies, scientists and universities to educate consumers about the seafood they eat. We offer information on the health benefits of seafood and how to evaluate the safety and sustainability of the seafood residents buy or catch.

Cooking for Crowds

Participants learn how to prevent the unsafe conditions that may cause foodborne illnesses when they're planning, purchasing, storing, preparing and serving food for crowds. Workshop participants receive a manual and a certificate signifying they've completed training on how to prevent foodborne illnesses.

Cottage Food Law

Many Michiganders want to start food businesses, but are held back because they don't have access to commercial kitchens. This program helps residents become certified to prepare and store particular foods in home kitchens and get their businesses off the ground. The workshops cover the food safety aspects of preparing cottage foods for sale, including preparing, packaging, labeling, storing and transporting foods.

MSUE PUBLICATIONS



Cottage Food Law Online Training

The Michigan Cottage Food Law allows Michigan residents to manufacture and store particular foods in an unlicensed kitchen, such as a residential home. This online training program covers how to prepare, produce, package, label, store, transport and sell safe food products under the law.

bookstore.msue.msu.edu

Food Preservation

The growing local food movement has renewed consumer interest in safe food-preservation techniques. In this workshop, participants learn how to provide safe, high-quality products for their families using the latest research findings on food preservation. The food preservation methods covered include freezing, boiling water bath canning, pressure canning and dehydrating.

Good Agricultural Practices

Participants in this workshop will learn about: produce safety, responsibility in food safety, good agricultural practices and how to implement changes in their operations that can enhance the quality and safety of the food they produce. The program prepares farmers to sell produce in retail markets and ensure that their produce is safe to eat.

ServSafe

More than four million foodservice professionals have been certified through ServSafe in the U.S., and MSU Extension is a key partner in delivering the education necessary for Michigan residents to become certified. ServSafe teaches foodservice managers and other professionals how to train employees about and prevent issues with emerging food safety issues related to foodborne illness and safe food facilities.



“Since December, I lost 20 pounds and my A1C* dropped from 8.9 to under 7. I feel much better and my doctor is ecstatic!”

- Dining With Diabetes participant

** A measure of the three-month average of blood-glucose levels that medical professionals consider more accurate than a single blood-glucose reading.*

