

Purdue Extension's Program Details

Air Frying Made Easy

Join us for an exciting *Air Frying Made Easy* class where you'll discover the secrets to creating delicious, crispy dishes with less oil! In this session, participants will learn about the fundamentals of air frying. You'll gain valuable tips for meal prep and healthy cooking, empowering you to make the most of this popular kitchen appliance. Perfect for both beginners and seasoned cooks looking to elevate their culinary skills!

A Matter of Balance

A Matter of Balance is a fall prevention program that encourages cognitive restructuring. It is designed to reduce the fear of falling and increase activity levels among older adults. A Matter of Balance is an evidence-based program that can be delivered once or twice a week. This fee-based program requires preregistration and has a limited capacity; further details are available upon request.

Be Heart Smart

Be Heart Smart is a multi-session, lecture-based program for individuals who want to learn more about preventing heart disease by making heart-healthy lifestyle changes. This program will teach participants how to monitor risk factors for heart disease and how to make simple changes to their daily routine that can improve their heart health. This program, comprised of four lessons, is to be delivered over the course of 4 weeks. There is a \$20 participant fee.

Captain Cash

Captain Cash is a free, interactive program that teaches third-grade students basic financial skills, including earning, saving, spending, and borrowing money. It includes four 30–45-minute sessions with games, activities, and take-home materials. The program covers key economic concepts, aligns with Indiana Academic Standards for math and social studies, and also helps students develop life skills like decision-making, communication, and resource management. This program has been approved by the Institutional Review Board at Purdue University, Protocol #IRB-2019-282.

Cooking for 1 or 2

Join our *Cooking for 1 or 2* class designed for solo diners and small households! This session will teach you how to prepare delicious, portion-friendly meals that minimize waste and maximize flavor. Participants will learn practical cooking techniques, meal planning tips, and recipes tailored for one or two servings. From quick weeknight dinners to satisfying snacks, you'll gain the confidence to create simple yet impressive dishes that suit your lifestyle. Perfect for busy individuals and couples looking to enjoy home-cooked meals without the hassle!

Cooking Under Pressure: An Introduction to Instapots

Join us for a presentation where you'll learn to master the versatile kitchen appliance, an instapot! *Cooking Under Pressure!* will help participants discover the ins and outs of the Instant Pot, how to safely use the appliance, and get some great recipes. You'll leave with a wealth of knowledge, including easy recipes and ideas for using your Instant Pot to create quick, healthy meals for any occasion. Perfect for beginners and seasoned cooks alike!

Dining with Diabetes

Dining with Diabetes (DWD) is a cooking school that offers a practical approach to eating well for those with type 2 diabetes. DWD consists of four weekly sessions and a three-month reunion session. DWD can be offered as a virtual or in-person program. Content topics include: planning meals and snacks with delicious and healthy recipes, cooking demonstrations and food sampling, motivation and support — connect with others who are living with diabetes, ideas for being more active, and an understanding of how diabetes affects overall health.

Empower Me to be Clutter Free

Clutter is a disordered collection of things that impedes movement or reduces effectiveness. *Empower Me to Be Clutter Free* is an educational program that provides de-cluttering strategies, discusses the emotional barriers that often prevents us from letting go of our things, addresses paper clutter, and how to store your things so that you can maintain the order you've created in your home or office.

Food Allergies 101

Food allergies are on the rise. Today, one in 13 children and one in 10 adults in the United States have a food allergy. This presentation defines a food allergy, identifies the signs & symptoms of an allergic reaction, list the most common food allergens, reviews ways to prevent an allergic reaction, and provides resources for further reference and education. *Food Allergies 101* will leave participants informed and empowered regarding all thing's food allergies!

Food Budgeting and Meal Planning

Food Budgeting and Meal Planning is a 1-hour program about how to get the most nutritious food for your dollar. The objective of this is to help give you some tools, or to remind you of some tools you may already know, that will help you plan healthy meals without breaking the bank. Participants will learn how to create a grocery game plan, how to store food, how to repurpose leftovers, and more!

Food Labeling: What's in There Anyway?

Food Labeling is a program about how to identify primary components of food labels, marketing claims and understanding how to make informed food decisions. Participants will learn something new and will be able to take control of their dietary health!

Freezer to Table

Do you feel like you don't have any time to make a healthy dinner after a long day? Freezer meals may be your answer! *Freezer to Table* will teach participants to prepare, store, and organize a variety of delicious, make-ahead dishes that can be easily frozen for future meals. The session will cover essential tips for meal planning, food safety, and ingredient substitutions, ensuring you have everything you need to streamline your weeknight dinners.

Germ Busters: The Power of Clean Hands

Germ Busters aims to help keep students healthy both in and out of the classroom. This handwashing program consists of two main components: germ education and a handwashing activity. When learning about germs, students will learn what germs are, where they come from, how the spread, and how they impact health. For the hands-on part, we will use Glo Germ to demonstrate effective handwashing techniques. This curriculum was created to satisfy the following Indiana Department of Education 2023 Health & Wellness Academic Standards: 1.1, 1.3, 5.1, and 5.4.

HERO's Story Time

HERO'S Story Time is a reading program dedicated to empowering children with assets that will enable them to succeed in school and in life. The word 'HERO'S' is an acronym that stands for Helping Every child Reach Optimum Success. Storybooks were specifically chosen for this reading program for children ages 3-5 years which emphasize social-emotional skills to cultivate healthy relationships based on eight of the 40 Development Assets from Search Institute. The more assets a child develops, the more empowered they are to face adversity and challenges.

Holiday Nutrition: Making the Healthy Choice the Easy Choice

Join us for a holiday nutrition class where you will learn easy steps to follow during the holidays. Sharing food is a central part of many people's holiday tradition. At this *Holiday Nutrition* class, participants will learn about the cultural importance of food at celebrations, healthy food habits around the holidays, healthy holiday recipes, and the importance and benefits of socializing during a meal. Participants will also get the chance to put their taste buds to the test to see if they can tell the different between a "traditional" recipe and a healthier-version!

Plant-Based Eating: The Pros and Cons of a Plant-Based Diet

This class will provide you with research-based information surrounding plant-based diet. In *Plant-Based Eating*, participants will learn about plant-based sources of different nutrients, meat alternatives, and how to cook plant, and more. Participants will also get to watch a cooking demonstration and try a plant-based recipe!

Quick Cuisine: An Introduction to Microwave Cooking

Discover the convenience of microwave cooking in our class designed for all skill levels! *Quick Cuisine* is a presentation-based class that will teach a variety of techniques to prepare quick and tasty meals using just a microwave. This class will cover essential tips, safety practices, and creative recipes that maximize flavor and nutrition. By the end of the session, you'll be equipped with the skills to whip up delicious microwave meals in no time!

Sleep On It: Why Sleep Matters

Sleep On It is a one-hour program that covers the benefits of sleep, risks of poor sleep, stages of sleep, when to contact a healthcare provider, barriers to quality sleep and ways to improve sleep quality. This program aims to teach participants about the benefits of sleep, risks of insufficient sleep, barriers to sleep quality, and practical tips to improve sleep quality.

Staying Scam Safe

Staying Scam Safe informs participants how to safely use technology to reduce the risk of being a scam victim, and how to identify and prevent common scams. By the end of the program, participants will know how common scams are, how to identify scams through various platforms, and know what to do if they believe they are a scam victim.

Train Your Brain: Nutrition, Neurobics, and Notable Ways to Keep Your Brain Healthy

The prevalence of dementia across the United States is staggering. As the size of the older adult population continues to grow and adults live longer, the number of Americans with Alzheimer's and other dementia diseases will also increase. Despite the severity of the brain health crisis, there are steps which can be taken to better the lives of those who are currently facing, or will potentially face in their future, a dementia diagnosis. Education and awareness of the disease is key. Thus, the focus of this program is to understand dementia, the warning signs, benefits of early detection and diagnosis, and steps to better overall brain health. *Train Your Brain* will teach participants that through adopting multiple healthy lifestyle choices, including a healthy diet, not smoking, regular exercise, cognitive stimulation, and social interactions, may decrease their risks of cognitive decline and dementia. This class has 90 minutes of content that can be divided into several sessions.

Where Does Your Money Go?

Where Does Your Money Go? (WDYMG) is a program designed to help consumers better understand how they spend their money. Through hands-on-activities, participants will understand how current money-management practices affect financial stability, increase knowledge of money-management practices that lead to financial control, establish financial management practices that promote financial stability, and identify adopted financial management practices and recognize the economic impact of new practices.

Please reach out to Lizzy with any further questions or clarification.

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