

Create New Habits for Healthy Eating

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This is a series of three 2-hour sessions which will lead to establishing new healthy and satisfying eating habits.

Time: 5 - 7 pm

Dates: Wednesdays; September 23 & 30 & October 7

Place: At the Johnson Education Center, One Preservation Place, Princeton, New Jersey

Cost: \$75.00 for the three sessions

Each session a one-day menu plan is given to participants to begin the process of choices.

First Session:

- new eating habits -- “Why: benefits to health” and “How: making new choices”
- our relationship with food/eating as an event
- which are healthy fats and carbohydrates
- the role of natural sugars in our diets
- pros and cons of buying organic, local, or super market produce, eggs, and meats
 - identifying terms “organic”, “natural”, “cage-free”, “pasture raised”
- impact of soil health on food health
- first habit change: choosing healthy snacks - examples
- discussion of day menu plan
- a fresh food tasting

Second Session

- local resources including on-farm markets, CSA's, Farmers Markets, and “what to buy where “
- cooking techniques and meal planning -- simple and tasty recipes
- basic ingredients to have on hand and sources
- other sources of protein besides meat and how to cook them
- types of cookware best for health
- simplify your kitchen
- second habit change: which vegetables to include
- day menu plan discussed
- a fresh food tasting

Third Session

- discussion of challenges experienced and solution examples
- how to be an improvisational cook
 - examples of combinations
- how to make favorite recipes healthier
- freezing in season fruits and produce, meals, and soups
- canning technique
- translating ingredients of packaged foods
- recommended food brands – example: cereals
- question of supplements-what and which brands
- day menu plan discussed
- fresh food tasting

