



THE FOOD, NUTRITION, HEALTH and WELLNESS WORKSHOP SERIES PROJECT

Dr. Juana Royster



Community and Organizational Partnerships

Virginia Mason Medical Center

Seattle Children's Hospital

American Diabetes Association

Mt. Zion Baptist Church

Central Area Senior Center

Odessa Brown Children's Clinic

First AME

Swedish Medical Center

Association of Nutritionists & Dietetics

Informational Flyer

DIABETES AWARENESS EDUCATION WORKSHOP SERIES

JUANA R. ROYSTER, PhD, CFCS
COMMUNITY HEALTH EDUCATION SPECIALIST
WASHINGTON STATE UNIVERSITY COOPERATIVE
EXTENSION

JUANA R. ROYSTER
FACILITATOR'S BINDER

CENTRAL AREA SENIOR CENTER
MOUNT ZION BAPTIST CHURCH
FIRST AME CHURCH

SPRING 2000

Engaged Conversations



Partnering to Offer Additional Services



Additional Services



Community Partners and Education



Understanding the Details



Working with the Raw Ingredients



Cooking Demonstrations



Preparing Healthy meals



Conversations about Healthy Foods



Tasting Healthy Foods



The Gathering



The Love Team Chefs



Preparing A Healthy Meal



Working Together



Healthy Quick Preparation



Discovery & Discussion



Learning



Cooking Demonstrations & Communication

- Who can be your partner? Churches, Senior Centers, and Community Organizations
- Why would you want to partner? To help improve the health of your community, it is an opportunity to provide education and support within your communities for better health, and it increases community communication.
- What information is needed?
- How can you support cooking demonstrations in your community?
- Where can you find space and the food products to support cooking demonstrations?
- When can you start?

THANK YOU!

■ **Questions?**