

## *The Department of Family and Community Health Sciences*

The Department of Family and Community Health Sciences (**FCHS**), a community based nutrition, health promotion, and family wellness outreach component of Rutgers Cooperative Extension, provides workshops and on-line resources to educate and support families, worksites, schools, and communities to create healthier lifestyles.

**FCHS** programming provides access and involvement in a variety of learning opportunities that promote consistent messages about the importance of healthy eating in concert with daily physical activity where consumers live, work and play.

**FCHS** is a leader in the communities in which it serves and works collaboratively with stakeholders to identify health needs, determine educational priorities, and implement culturally and community appropriate delivery methods.

**FCHS** plays a fundamental role in the delivery of countywide trainings and workshops that are provided in a variety of styles and settings to groups of all ages. We relay nutrition- and wellness-related information through these educational programs by integrating concepts of health literacy, community food systems and behavioral and health economics in interactive forums.



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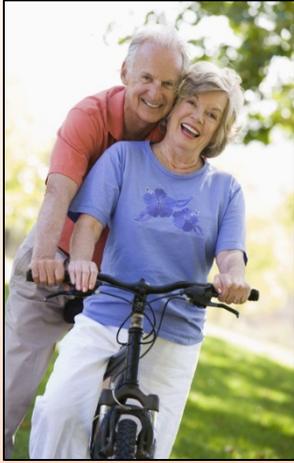


*Promoting Healthy  
Families, Schools  
and Communities*



# The Power of Prevention

A workshop that promotes cancer prevention is provided to groups as a review of the current recommendations from the World Cancer Research Fund (WCRF) and the American Institute for Cancer Research (AICR), and to provide practical tips to help individuals apply the recommendations to their everyday life. Workshop participants are provided with the opportunity to identify, develop and document personal nutrition and physical activity goals that can be implemented upon completion of the program.



These are concise evidence-based presentations that focus on current nutrition topics in the news and can be presented to individuals of all ages and in a variety of settings including workplace, adult and youth group meetings,

schools and at county agencies. All presentations include practical application to real world situations and some include a complimentary culinary demonstration with tasting.

- Nutrition 101
- Healthy Shopping On A Budget
- All About Fiber
- Mediterranean Diet
- Gluten-free: What's it all about?
- Shopping Smart for the Heart
- Cholesterol 101
- Eating with Diabetes
- Shopping with Diabetes
- Phytochemicals

Looking for a different topic? Just ask!



This series is focused on six whole foods or beverages that have demonstrated, through recent research, an ability to provide possible health benefits. Each lesson includes evidence-based information and ways in which to include the food item as part of a healthful diet.

## Is Chocolate the New Health Food?

Research on chocolate and its possible health benefits have been studied worldwide. Due to its antioxidant and inflammation properties, cocoa, and in turn dark chocolate, may provide protection against certain chronic diseases. Including cocoa and very dark chocolate in moderation as part of a healthful diet that includes other whole plant foods is reviewed.

## A Tea Seminar: Drink to Your Health

Research on tea from the *Camellia sinensis* plant has included the study of a variety of phytochemicals that have been found to provide protection against specific chronic diseases. Tea history, types and recommendations are reviewed.

## Coffee: Should it be Your Mug of Choice?

Research on properties in coffee has yielded the promising potential for health protection of chronic diseases including diabetes, colorectal cancer and neurodegenerative diseases such as Parkinson's and Alzheimer's disease. Possible health risks and beverage guidelines are reviewed.

## Bringing Vegetables to the Table:

### A Celebration of the Harvest

Vegetables are known to have many probable health benefits including a decreased risk of cancer and cardiovascular disease. Recommendations for vegetable intake as well as preparation suggestions are reviewed.

## Focus on Fungi:

### Mushrooms and Their Health Benefits

Mushrooms have been used for medicinal purposes for hundreds of years. Research on mushrooms has included the potential for prevention of cancer and cardiovascular disease and for weight management. Recommendations for including mushrooms as part of a healthful diet are reviewed.

## Berries and You: Perfect Together

Berries are beneficial to health in many ways. Studies indicate that there is convincing evidence that berries have cancer-protection potential through antioxidant and anti-inflammatory properties. Recommendations for intake of fruit including berries, are reviewed.

# Cooperative Cookery

Cooperative Cookery workshops provide opportunities for individuals and families to practice basic cooking skills, gain nutrition knowledge, and ways to eat healthy on a budget. These interactive sessions involve all participants in each step of recipe implementation, including tasting.

## Get Moving-Get Healthy New Jersey



Our premiere wellness initiative, Get Moving-Get Healthy New Jersey encourages a healthy lifestyle, especially healthy eating and physical activity through educational programs, a website, publications and targeted marketing campaigns. For details, visit us at: [www.getmovinggethealthynj.rutgers.edu](http://www.getmovinggethealthynj.rutgers.edu)

## Farm-To-School

Grow Healthy, our Farm To School initiative, connects schools to local farms so they can serve more local foods; improve student nutrition; offer agriculture, nutrition and health education for students, families and staff; and conduct FTS and nutrition trainings for school foodservice staff.



Classes offered in our office or your site!