



FFL Functional Foods for Life Educational Programs

This series of six interactive programs which are offered by the Family and Community Health Sciences department of Rutgers Cooperative Extension are educational seminars that focus on foods with specific health benefits, with each offering a unique tasting component. A functional food is defined as 'One that has a potential benefit on health when consumed as part of a varied diet'. Consider hosting one, or all, of the following programs for your group or organization:

Is Chocolate the New Health Food?

Learn about the 'food of the gods' in this informative program where you will explore not only the possible health benefits of chocolate, but also the past, present and future of chocolate. Recipes and tasting are included.

A Tea Seminar: Drink to Your Health

This program includes a lecture on the history, culture and health benefits of tea, reviews current recommendations for tea drinking and can be followed by Afternoon Tea.

Focus on Fungi: Mushrooms and Their Health Benefits

Did you know that mushrooms and other fungi affect every facet of human life? And, new research shows that mushrooms are beneficial to health. Learn how to cook with mushrooms and taste and receive yummy mushroom recipes!

Coffee: Should it be Your Mug of Choice?

To drink or not to drink, that is the question when it comes to coffee. Often given a bad rap, coffee has undergone intense research and the findings may change the way you look at your morning mug. Learn about the research and how to make that perfect cup.

Berries and You: Perfect Together

A seminar that explores the health benefits of berries with a focus on the berries of New Jersey. Tasting and a beautiful booklet of berry recipes included.

Bringing Vegetables to the Table: A Celebration of the Harvest

This program explores the many ways to prepare and enjoy the bounty of healthful vegetables that autumn provides with a focus on the vegetables of New Jersey.