

Registration Form

Name: _____
Address: _____
Telephone: _____

I will attend the Dining With Diabetes Class in:

- ___ **Newark** on June 4, 11, 18 and 25, 2019
- ___ **Dover** on August 1, 8, 22 and 29, 2019
- ___ **Georgetown** on August 28, September 4, 11 and 18, 2019

- ___ Enclosed is my check for \$50
- ___ Enclosed is my cooking class voucher from the Diabetes Self-Management program
- ___ I am a resident of the Greater Milford area and the Greater Milford Lions Club is paying for my registration.



Following a careful meal plan is the first step in managing diabetes and keeping blood sugars in a therapeutic range. This is also the hardest step in diabetes management. *Dining with Diabetes* helps by teaching persons with diabetes ways to reduce sugar, salt, and fat in foods, without giving up good taste.

“This institution is an equal opportunity provider.”



NATIONAL EXTENSION WORKING GROUP



UNIVERSITY OF DELAWARE
COOPERATIVE
EXTENSION

A cooking program for
people with diabetes and
their families



NATIONAL EXTENSION WORKING GROUP

*Now is the time to take
charge of your diabetes*

Summer
2019
Classes

What is Dining with Diabetes?

The program is designed for people with diabetes and their family members. The five-class series includes diabetes education, cooking demonstrations, and tasting of healthy foods. After each lesson, participants will take home recipes and knowledge about how to manage diabetes in their daily lives.

Class Demonstrations:

- Class 1 - Mealtime for Individuals with Diabetes
- Class 2 - Desserts
- Class 3 - Main Dishes
- Class 4 - Side Dishes
- Class 5 - Seasonal Reunion

Who can participate?

People with diabetes and their family members, caregivers, and support persons can enroll in *Dining with Diabetes*.

Persons with basic nutrition education for diabetes will benefit most. *Dining with Diabetes* is designed to complement, not replace, diabetes management classes.

The cost of the 5 sessions is \$50.00

Who are the instructors?

Classes are taught by University of Delaware Cooperative Extension staff:

- Kimi Moore, RD
- Kathleen Splane
- Michelle Voegelé
- Mary Edwards

QUESTIONS: Call (302) 730-4000

Class Locations and Dates:

New Castle County Cooperative Extension
461 Wyoming Road
Newark, Delaware 19716
(302) 831-2506
Tuesdays from 6:00 to 8:00 pm
June 4, 11, 18 and 25, 2019
Reunion Date: October 8, 2019 at 6:00 pm

Kent County Cooperative Extension
69 Transportation Circle
Dover, Delaware 19901
(302) 730-4000
Thursdays from 6:00 to 8:00 pm
August 1, 8, 22 and 29, 2019
Reunion Date: November 14, 2019 at 6:00 pm

Sussex County Cooperative Extension
16483 County Seat Highway
Georgetown, Delaware 19947
(302) 856-7303
Wednesdays from 6:00 to 8:00 pm
August 28, September 4, 11 and 18, 2019
Reunion Date: December 4, 2019 at 6:00 pm

Due to generous funding from the Greater Milford Lions Club, residents of Greater Milford can enroll in this class free of charge.



To enroll:

There are several payment options:

- Send your check for \$50 made payable to the University of Delaware
- **Greater Milford residents** – please check the appropriate line on the registration form for free enrollment.
- Participants in the State of Delaware Diabetes Self-Management Education Program can submit their “cooking class” voucher for free enrollment – please include voucher with registration

Send registration form on back along with payment or voucher to:

**UD Kent Co. Extension Office
69 Transportation Circle
Dover, Delaware 19901
Attn: Jan Unflat**

The University of Delaware welcomes and encourages participation of all individuals. If you should have special needs because of disability, please notify us when you register.