

DINING WITH DIABETES

Beyond The Kitchen

Register Today!

Dining with Diabetes: *Beyond the Kitchen* is a **FREE** online course created by OSU Extension Family and Consumer Sciences. This online course goes “beyond the kitchen” to discuss making healthy choices when eating at restaurants, grocery shopping or planning weekly meals.

The course includes:

- Videos
- Interactive presentations
- Fact sheets and resources
- Short surveys to test knowledge
- An open forum to share ideas, questions and tips with other course participants
- The ability to speak with Ohio State Extension professionals
- Access to websites and apps that help manage diabetes



Dining with Diabetes: *Beyond the Kitchen* is **self-paced** and participants can enter and leave whenever they want. Everyone who completes the course is automatically entered in a quarterly drawing for a \$100 *Amazon.com* gift card.

Sign up is easy and free. Visit go.osu.edu/DWDBtK. If you don't already have one, you will need to create a free account with campus.extension.org to take advantage of all the materials.

Course instructors for **Dining with Diabetes:** *Beyond the Kitchen* are **Cheryl Barber-Spires, Jami Dellifield, Marie Economos, Chris Kendle, Jenny Lobb, Amy Meehan, Chelsea Pekny, Dan Remley, Joyce Riley, Shannon Smith** and **Susan Zies**.

For questions or more information, contact Dan Remley at remley.4@osu.edu



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES