

Registration Form

Name: _____
Address: _____
Telephone: _____

I will attend the Dining With Diabetes Class in:

___ **Newark** on March 11, 18, 25, April 8, 2020

___ **Georgetown** on April 7, 14, 21 and 28, 2020

___ **Dover** on April 29, May 6, 13 and 20, 2020

___ 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.”



UNIVERSITY OF DELAWARE
COOPERATIVE
EXTENSION

A cooking program for
people with diabetes and
their families



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

Winter/Spring
2020
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 Voegele
- 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
Wednesdays from 10:00 am to 12:00 pm
March 11, 18, 25 and April 8, 2020
Reunion Date: January 12, 2021 from 6:00 to 8:00 pm

Sussex County Cooperative Extension
16483 County Seat Highway
Georgetown, Delaware 19947
Tuesdays from 6:00 to 8:00 pm
April 7, 14, 21 and 28, 2020
Reunion Date: November 17, 2020 from 6:00 to 8:00 pm

Kent County Cooperative Extension
69 Transportation Circle
Dover, Delaware 19901
(302) 730-4000
Wednesdays from 6:00 to 8:00 pm
April 29, May 6, 13 and 20, 2020
Reunion Date: January 28, 2021 from 6:00 to 8:00 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.