



Functional Foods for Life Educational Programs

A functional food is defined as 'one that has a potential benefit on health when consumed as part of a varied diet'. This

series of six interactive programs, offered by the Family and Community Health Sciences department of Rutgers Cooperative Extension, are educational seminars that focus on a variety of functional foods and their specific health benefits. Each program also offers a unique tasting component.

Consider hosting one, or all, of these programs for your group or organization.

Contact Us

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Family & Community Health Sciences (FCHS)

Family and Community Health Sciences (FCHS) combines research and practical advice to help Gloucester County residents stay healthy, enjoy life, be active and reduce health care costs. Our programs empower consumers to make informed health decisions, build community capacity to improve health, and educate professionals in health promotion and disease prevention.

We conduct research and offer programs, workshops, publications and on-line learning opportunities. FCHS staff work with schools, local agencies, organizations and businesses to deliver nutrition and fitness messages to the public via our *Get Moving-Get Healthy with FCHS* initiative. We offer a variety of programs, including:

- Seeds to Success: The Youth Farmstand Project
- Grow Healthy: The FCHS School Gardening/Wellness Initiative
- Walk New Jersey Point to Point
- Fast Food Fix-Up
- Farm-To-School Programs
- Teacher and Parent In-Services



SNAP-Ed

FCHS administers the educational component of the Supplemental Nutrition Assistance Program (formerly food stamps).

Educators teach adults & children to make healthy food choices and manage food dollars via an 8-week educational program.

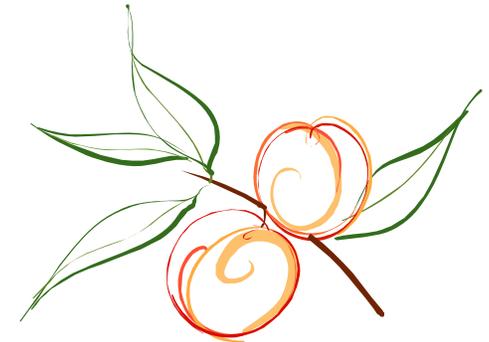
Cooperating Agencies: Rutgers the State University of New Jersey, U.S. Department of Agriculture, and County Board of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS

New Jersey Agricultural Experiment Station

**Cooperative Extension
of Gloucester County**

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Is Chocolate the New Health Food?

Learn about the 'food of the gods' in this informative program. 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.



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.



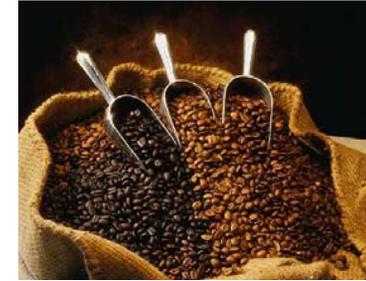
A Tea Seminar: Drink to Your Health

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 tasty 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.