



## FCHS...Promoting Healthy Families, Schools & Communities

As the health and wellness component of Rutgers Cooperative Extension, 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 and educate professionals in health promotion and school wellness.

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 wellness messages to the public via our *Get Moving-Get Healthy with FCHS* initiative. We offer a variety of programs, including:

- **Grow Healthy:** A Garden-Enhanced School Wellness Initiative
- **Build A Better...:** Hands-on youth & adult workshops that get you making and tasting wholesome, fresh foods
- **Functional Foods for Life:** Edible education program for adults
- **FCHS Professional Development:** Programs for teachers & school nutrition professionals
- **Get Moving, Get Healthy Workforce:** Worksite wellness initiative
- **Seeds to Success:** The Youth Farmstand Project

The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of age, race, creed, color, national origin, ancestry, marital status, affectional or sexual orientation, gender identity or expression, disability, nationality or sex in admission to, access to, or operations of its programs, services, activities or in its employment practices. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the EEO office at (856) 384-6903 or through the County's ADA Coordinator at (856) 384-6842/New Jersey Relay Service 711.

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

# Funcational Foods For Life

## Educational Program for Adults



### Schedule *your* program today!

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**RUTGERS**

New Jersey Agricultural  
Experiment Station

■ Cooperative Extension



**Robert M. Damminger, Freeholder Director**  
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# Funcational Foods For Life: Education That Tastes Good ~~ And Is Good For You!

Consumers continue to be interested in the connection between the food they eat and the possible benefits foods may provide to their health. Over three quarters of Americans are either "very interested" or "somewhat interested" in learning more about the category of foods known as functional foods, and a similar amount admit to consuming, or having an interest in consuming, foods and/or beverages that may provide health benefits.

**Functional Foods for Life** was created to meet this need by providing evidence-based information on 6 specific functional foods that have research linking them to playing a role in the prevention of certain chronic diseases. Functional foods are defined as those that have the potential to benefit health when consumed as part of a varied diet.

## Our Program

**Functional Foods for Life** is a compilation of 6 individual, inter-active seminars, each of which focuses on a different functional food. All seminars have been peer-reviewed by an expert on each specific food. Each seminar is 45 minutes to 1 hour in length and features a unique taste-testing component. Seminars are free, funded by the Gloucester County Board of Chosen Freeholders. Organizations pay only for taste-testing supplies. Consider hosting one, several or all of these programs for your group or organization.

**Chocolate: Is It 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 taste-testing 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 & 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 & 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.

