

Flavors OF HEALTH



Flavors of Health is a nutrition education and health program with a community focus.

Who We Serve:

Flavors of Health has a presence in each of the five AgCenter regions, with nutrition agents who are available to engage with their communities.

- Our program serves Louisiana's adults, promoting healthful diets and positive lifestyles to prevent or manage chronic disease and to improve quality of life.
- We also conduct programs for our youth, emphasizing cooking skills and preparation of healthful meals and snacks.

What We Do:

Flavors of Health uses the latest science and best-practices to help you and your family manage your nutrition-related health challenges.

- We focus on healthy eating and physical activity.
 - We provide virtual and on-site classes, presentations, workshops and educational materials to encourage healthier food and fitness behaviors.
- This includes cooking skills, grocery shopping strategies, small goal setting, exercise and physical activity guidance, healthy habit development, weight management and diet-disease links.
- We strive to deliver timely responses to your questions on general nutrition issues and trends.

Empowering individuals to improve health by building better food and physical activity habits.

Signature Programs

Education Programs:

- Break up with Salt (hypertension management)
- Dining with Diabetes (diabetes management)
- Small Changes/Healthy Habits (improving health; reducing risk to chronic diseases)
- Smart Portions (weight management)

Presentations and Workshops:

- Cooking with Small Appliances
- Mediterranean Diet
- MyPlate and Dietary Guidelines
- Heart Health
- Weight Management
- Chronic Disease Prevention
- Kid's Cooking
- Being Physically Active
- Fats/Sugar/Sodium
- Shopping on a Budget
- Food Safety
- Gut Health
- Whole Grains
- Cooking/Recipe Demonstrations
- Lunch and Learn Presentations
- Farmers Market Activities
- Grocery Store Tours
- ... and more!

Author Credit

Elizabeth Gollub, Nutrition Specialist
School of Nutrition and Food Sciences



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The LSU AgCenter and LSU provide equal opportunities in programs and employment.

What Participants Are Saying:

"Best cooking program I've been to!"

"Great, this workshop has inspired me to cook more!"

"I'm all for it ... it's a great [healthy eating] program. I feel so much better."

"I learned to create healthy lifestyle goals that are specific, 'do-able' and sustainable."

Parish Offices & Nutrition Agents:

Parish	Name	Email
Caddo & Bossier	Abigail McAlister	AMcAlister@agcenter.lsu.edu
Claiborne & Webster	Shakera Williams	SSWilliams@agcenter.lsu.edu
Desoto & Bossier	Erin Stockton	EStockton@agcenter.lsu.edu
East Feliciana & West Feliciana	Layne Langley	LALangley@agcenter.lsu.edu
EBR & Livingston	Eva Davis	EDavis@agcenter.lsu.edu
Iberia & Vermilion	Mandy Armentor	MArmentor@agcenter.lsu.edu
Jefferson	Elisabet Trujillo	ETrujillo@agcenter.lsu.edu
Lafourche & Terrebonne	Becky Gautreaux	BGautreaux@agcenter.lsu.edu
Lincoln & Bienville	Madison Horne	MHorne@agcenter.lsu.edu
Orleans	Emelia Clement	EClement@agcenter.lsu.edu
Ouachita & Union	Markaye Russell	MRussell@agcenter.lsu.edu
Pointe Coupee & St. Landry	Breanna Staab	BStaab@agcenter.lsu.edu
Rapides and Avoyelles	Jennifer Duhon	jduhon@agcenter.lsu.edu
Richland & West Carroll	Brittney Newsome	BNewsome@agcenter.lsu.edu
St. Charles & St. John	Rinalda Rocquin	RRocquin@agcenter.lsu.edu
St. Tammany	Valarie Vincent	VVincent@agcenter.lsu.edu

Contact Info:

Website: https://www.lsuagcenter.com/topics/food_health

