Fork Friendly Summer Series

AgriLife Employee Wellness invites you to participate in an online event titled Fork Friendly Summer Series wellness program. The program includes a four-class series of webinars designed to give training for using Fork Friendly tools for shopping, dining out, menu planning and intuitive eating. Fork Friendly is a non-profit organization that seeks to provide nutritional educational resources to consumers and provide professional learning experiences for TAMU nutrition students.

Presentation 1

**Topic:** Living Healthy Made Easy: Introducing Fork Friendly

**Speakers:** Dr. Karen Beathard, PhD, RDN, LD, FAND; Linda Kapusniak, MS, RD, CDCES; McKenzie Ramirez, RD, LD; and Mallory Bobzien, MS, RD, LD

**Date:** 5/24 @ 10:30am

**Objectives:**

1. Audience members will learn about the Fork Friendly program, its evolution, and its involvement with the Texas A&M University Nutrition Department
2. You will be able to bust common nutrition myths.
3. You will be empowered with eating patterns that extend far beyond “fad diet” culture: preventing disease, promoting performance, and building a healthy relationship with food.

Presentation 2

**Topic:** Purposeful Nutrition: Fork Friendly 101

**Speaker:** Linda Kapusniak, MS, RD, CDCES

**Date:** 6/21 @ 10:30am

**About:**

We live in a fast-paced environment. Finding the time to shop, let alone read food labels, is no easy task. During this 60-minute presentation, registered dietitian Linda Kapusniak will take you on a virtual grocery store tour where you will learn tips & tricks to help make selecting the right product for your health a cinch.
Objectives:

1. You will learn how to make smarter choices in the grocery store using the Fork Friendly program
2. You will be able to combine Fork Friendly products to make nutritious quick-to-fix meals perfect for the car and office.
3. You will be armed with recommendations for your next shopping trip – protein powders, drinks, energy bars, and more!

Presentation 3

Topic: An unbreakable bond: Supporting mental health through the gut

Speakers: Mallory Bobzien, MS, RD, LD & her student Breanna Ho

Date: 7/19 @ 10:30am

About:

Have you ever felt anxious and described it as a pit-in-your-stomach? What about butterflies when you’ve fallen in love? As humans, we can physically feel strong emotions in our gut. Did you know the communication between our brain & our gut goes both ways? If you’ve ever been “hangry” then you’ve certainly experienced this first-hand. What we put into our bodies directly impacts the way we feel, perform, and even think! In today’s presentation, registered dietitian, Mallory Bobzien, and Texas A&M University nutrition student, Breanna Ho, will take you through the science of & recommendations for a healthy gut-brain relationship.

Objectives:

1. Understand the powerful communication link between your gut & brain
2. Determine your own brain/gut health score
3. Identify “superpower” foods & eating patterns that support both gut & brain health
4. Learn where to find functional health resources for free on Fork Friendly

Presentation 4

Topic: MindFriendly: Fueling your body, while being kind to your mind

Speakers: McKenzie Ramirez, RD, LD & her student Caitlin Harbon

Date: 8/16 @ 10:30am

About:

Be kinder to your body and mind using Fork Friendly’s MindFriendly principles. In this final presentation of the Fork Friendly series, registered dietitian and eating disorder specialist, McKenzie Ramirez, and Texas A&M University nutrition student, Caitlin Harbon, will uncover the harmful truths of diet culture. You will learn how incorporating MindFriendly eating principles into your own life can bring you & your loved ones freedom and health in a profound and long-lasting way.

Objectives:

1. Learn about nutrition philosophies and how they apply to you and your loved ones, including:
   a. Health at Every Size
   b. Intuitive Eating
   c. All Foods Fit
2. Learn about what Fork Friendly will offer and how students are building the next phase of our program

Click Here to register. Registrants will receive a link to the presentation via e-mail the day prior to the presentation date.

For questions, please contact: Texas A&M AgriLife Employee Wellness Committee | AgriLifeWellness@ag.tamu.edu | p. 979-845-2423

Check out the AgriLife Employee Wellness webpage for upcoming events and resources

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