



Health and Human Sciences Programs List

Purdue Extension Jefferson County

Single Session Programs

Foods and Nutrition:

Cooking Under Pressure

This a 1-hour program about Electric Programmable Pressure Cookers (EPPC). During this program, participants learn about how to use their appliance, food safety tips, and gain some healthy recipes.

Food Allergies 101

Food allergies are on the rise. Today, one in 13 children and one in 10 adults in the United States have a food allergy. This 1-hour presentation defines a food allergy, identifies the signs & symptoms of an allergic reaction, list the most common food allergens, reviews ways to prevent an allergic reaction, and provides resources for further reference and education.

Food Budgeting and Meal Planning

Food Budgeting and Meal Planning is a 1-hour program about how to get the most nutritious food for your dollar. This program teaches participants how to save time and money while eating well.

Food Labeling: What's in there anyway?

Food Labeling is a 1-hour program about how to identify primary components of food labels, marketing claims, and understanding how to make informed food decisions.

Financial Resource Management:

Staying Scam Safe

People all around the world are affected by scams every single day. This program will cover some common types of scams, provide you with proactive steps you can take to protect yourself and your information, and show you where you can go to report scams or frauds that have taken place. This program lasts between 45 minutes to 1 hour in duration.

Human Development:**Adolescent Substance Use: What can parents do?**

This program helps caregivers understand risks of substance use and spreads awareness about substances used by youth today, the lingo, and hiding places where substances may be stored. Adolescent Substance Use: What can parents do? has four parts which includes presentation of data, activities, videos and tips for parents/caregivers. The program is two hours long and can be presented at one time with a short break in the middle, or as two 1-hour sessions.

Train Your Brain: Nutrition, Neurobics, and Notable Ways to Keep Your Brain Healthy

The focus of this program is to understand dementia, the warning signs, benefits of early detection and diagnosis, and steps to better overall brain health. The total duration of this program is 90 minutes.

Health and Wellness:**Physical Activity Across the Lifespan**

This 45-minute presentation reviews terms, recommendations, and benefits of physical activity, along with information on dance as a creative form of physical activity. There is also a movement break included for participants and an opportunity for them to set a personal movement goal.

Sleep On It: Why Sleep Matters

This 45-50-minute presentation covers the benefits of sleep, risks of poor sleep, stages of sleep, when to contact a healthcare provider, barriers to quality sleep and ways to improve sleep quality. Supplemental handouts are provided for additional information and resources.

Understanding the Opioid Crisis

This 1-hour presentation reviews terms and concepts related to opioid misuse, stigma, and recovery, as well as outlines actionable steps individuals can take to respond to the crisis in their communities.



Signature Programs

Foods and Nutrition:

Dining with Diabetes

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The Dining with Diabetes program can help! *Dining with Diabetes* (DWD) is a cooking school for people with diabetes, those at risk for diabetes, and caregivers of those with diabetes. DWD consists of four weekly sessions and a three-month reunion session.

Week 1 — What is diabetes? / Snacks & appetizers

Week 2 — Carbs & sweeteners / Desserts

Week 3 — Fats & sodium / Main dishes

Week 4 — Putting it all together! / Side dishes

Financial Resource Management:

Captain Cash

Captain Cash is an interactive educational program designed to teach basic financial management skills to third grade students. “Captain Cash” includes four classroom enrichment sessions of approximately 45 minutes each that focus on earning, saving, spending, and borrowing money. Each session introduces vocabulary words and one or more basic economic concepts. Each session also includes a game or activity and a take-home handout. All lessons meet Indiana Academic Standards for math and social studies.

Where Does Your Money Go?

Where Does Your Money Go? (WDYMG) is a program designed to help consumers better understand how they spend their money. The program can be taught over the course of a few days, weeks or even 30 days in between lessons to allow consumers to track their expenses over time.