

## Order Cooking for a Life Time Today

*The Cooking for Life Time Cancer Prevention Cooking School is an enjoyable way to learn how to select, prepare and enjoy delicious food that may reduce your risk for cancer and other chronic diseases.*



**Healthy food can taste good and be good for you.**



**The University of Georgia  
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The University of Georgia  
Cooperative Extension

*Learning for Life*

## Cooking For A Life Time Cancer Prevention Cooking School



**Tel: 706-542-3773**



# Enjoy Good Food and Enjoy Good Health!



**Make Fruits and Vegetables the focus of your healthy meals.**

The Cooking for a Life Time Cancer Prevention Cooking School shows you how to enjoy healthy food while reducing risk for cancer and other chronic diseases. Two different versions allow for flexibility in delivery and content.

The lessons include Power Points, detailed scripts, colorful handouts, simple evaluation tools and many delicious recipes.

Two versions of the school are available. One is more in depth with 4 lessons while the other has three lessons. Each comes on its own CD.

Both CDs review common causes of cancer, selection and preparation of a plant-based diet, and healthy choices at the grocery store.

The 4-lesson version adds more information about preparing whole grains and healthy choices when eating away from home.

## Designed for Extension Agents or Health Care Professionals

These two CDs were designed to be presented by Extension agents trained in diabetes meal planning or health care professionals comfortable with food preparation and nutrition. The lessons can be offered as a series of lessons over a few weeks or months. Some agents have combined two lessons and presented them entirely in one day.

*The three lesson CD is the Third Edition designed for a lower income audience with some special information added on saving money at the grocery store.*



**Choosing nutritious food at the grocery store is possible!**

**To order your CD, send a check for \$15 per CD made out to the University of Georgia Cooperative Extension. Sorry we do not take credit cards or purchase orders.**

**Your Name:**

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**Your Address:**

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**Your email :** \_\_\_\_\_  
**Your phone:** \_\_\_\_\_

**Please send**

\_\_\_\_\_ **Copies of Cooking for a Life Time—original 4 lesson version**

\_\_\_\_\_ **Copies of Cooking for a Life Time: 3rd Edition—3 lesson version**

**Send to Connie Crawley, MS, RD at the address below. Thanks.**

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