

Recipe ^{for} Health

Each quarter of 2017, the UF and UF Health Wellness Committee, along with GatorCare, will focus on a different wellness topic. This quarter's focus is on nutrition, diabetes and prediabetes.



Bring your lunch to the UF HR Building (903 West University Ave.) the first Wednesday of each month from noon to 1 p.m. for presentations on a range of wellness topics provided by UF and UF Health experts.

Click the 'Register Now' links below to attend in person or email hws-wellness@ufl.edu to sign up for the live stream and join us online from your desk.

■ **OCTOBER 4 | Incorporating the Mediterranean Diet into Your Life**

Julie England, Family and Consumer Sciences Extension Agent, UF/IFAS Extension Seminole County & Wendy Dahl, PhD, Associate Professor, UF/IFAS Department of Food Science and Human Nutrition

[Register Now](#)

■ **NOVEMBER 1 | Type 2 Diabetes: Action Steps for Prevention**

Ryan Sanders, Registered Dietitian & Certified Diabetes Educator, UF Health

[Register Now](#)



Want to learn more about diabetes? Enroll in a free 3-week, online course to learn more about the most recent research in the field of prevention and treatment of diabetes as well as a broader understanding of the situation across the world.

■ **DECEMBER 6 | Exploring Food Fads**

Laura Acosta, MS, RDN, CSSD, LD/N, UF Department of Food Science and Human Nutrition

[Register Now](#)

12 Tweaks to a Healthier You

12 Tweaks to a Healthier You focuses on a different healthy habit or 'tweak' each month of 2017. Each tweak aims to improve physical, emotional, social or financial wellness. Receive a new tweak each month, along with an action plan to make the new behavior a habit.

■ **October's Tweak: Go the Distance**

Train for a race with the **Get up and Go! Couch to 5k** or increase your daily step count with the **Fall Walking Challenge**

■ **November's Tweak: Savor**

Eat mindfully and savor the day

■ **December's Tweak: Turn Off to Tune In**

Unplug from technology to reconnect with what matters

Register at gatorcare.org/12tweaks to participate and get resources from past nutrition tweaks including **Focus on Fruits and Veggies**, **Serving Size Surprise** and **Prep 101**.



Bring the Grocery Store to Your Office: Virtual Grocery Store Tour Presentations

Navigate the grocery store with this on-demand presentation to transform the way you shop for food. Learn what to look for from each aisle, compare products to become a food label pro, and get tips to find your "best fit" foods, those that taste good, are good for you and that fit within your food budget.

To schedule this interactive, 60-minute presentation, email morgan.papworth@bcbsfl.com.

Bring More Fresh Food into Your Life

Community Supported Agriculture and the Gator CSA Program

Join the Gator Community Supported Agriculture (CSA) program and get fresh, local produce all season long! This year we have two local, organic farms to choose from – The Family Garden and Frog Song Organics. Each farm has unique offerings and pricing. Sign up with your favorite to receive a share of their harvest each week, October through June. Pick-up location is at the UF Cultural Plaza each Thursday, 4:30 p.m.-6:30 p.m. **For more information, visit the [CSA website](#).**

HealthStreet Fresh Wagon

HealthStreet and Fresh Wagon have partnered to increase food security in the community. Buy fresh, high-quality fruits and vegetables at reasonable prices available at various locations, including the College of Public Health & Health Professions. **For full details on the Fresh Wagon's schedule, visit [freshwagon.org](#).**



Field and Fork Food Drive Competition

Help a fellow Gator by donating non-perishable proteins and grains or other food and toiletries to the Alan & Cathy Hitchcock Pantry during the month of

October. Departments can compete by collecting the most food and funds. The winning department will receive a delivery of party snacks to help celebrate!

Drop-off and weighing for the competition will be at the pantry on November 7th from 11am to 6pm. **You can also donate funds to help buy food for the shelves. The pantry can buy up to three times what you could purchase at the store for the same price!**

To register your department to participate in the competition, email Anna Prizzia at aprizzia@ufl.edu with your department's name and contact information for your department's food drive coordinator. To donate funds, visit <http://bit.do/FFGatorDrive> (be sure to include your department's name and wellness drive in the Notes field).

GREAT AMERICAN SMOKEOUT NOVEMBER 16

If you or someone you care about uses nicotine in any form, consider this date to take an important step toward a healthier life by making a plan to quit, or by planning in advance to quit smoking that day. **Find support at [TobaccoFreeFlorida.com](#).**

GatorCare members should visit [GatorCare.org/Tobacco](#) for additional resources like financial incentives to help members quit.



Sign up for the **Wellness Email List** to stay up to date.

Email HRS-WELLNESS@UFL.EDU

GatorCare
Your Partner in Health

Wellness
University of Florida and UF Health