



Let's Eat Healthy Community of Practice
Savor the Science: Functional Health Benefits of Everyday Foods
March 6, 2024 from 1:00 P.M. to 2:30 P.M.

Join Zoom Meeting: https://us02web.zoom.us/j/86808772431?tk=rpMVmKpQdLfcAmG36-n2rzP1FXkmoPivxqNi4zav5UA.DQYAAAUNjS_TxZidUVGUjRBWFJ0NmFNVI82NEhFWEVRAAAAAAAAAAAAAAAAAAAAAA&pwd=SkFTWlhaYkJZV1d4cENIQXlrM1FPQT09
 Meeting ID: 868 0877 2431; Passcode: 30624

Description: This webinar will examine the functional health benefits of foods and provide information on how nutrients and foods work synergistically to impact health.

Learning Objectives:

- Explore functional foods and identify sources and health benefits
- Differentiate between science-based benefits and misleading health claims
- Discuss ways to apply the benefits of functional foods in your work
- Network to learn strategies to support healthy eating behaviors

AGENDA	
10 minutes	<p>Welcome, Introductions and Overview of Webinar</p> <p>Sonia Fernandez Arana, Let's Eat Healthy Program Manager, Dairy Council of California</p> <p>Warm Up Chat Question: How do you see food as medicine playing a role in health?</p>
20 minutes	<p>Breaking Down the Science of Functional Foods</p> <p>Presenter: Nadine Braunstein, PhD, RD, FAND, Associate Professor, California State University, Sacramento</p>
15 minutes	<p>Community Nutrition Applications</p> <p>Presenter: Rema El-Mahmoud, MPP-D, RDN, Supervising Public Health Nutritionist, Solano County Health and Social Services, Public Health Division</p>
15 minutes	<p>Let's Eat Healthy Community Discussions</p> <p>Discussion Question: How do currently incorporate and/or plan to incorporate the benefits of functional foods in your work?</p>
10 minutes	<p>Highlights from LEH Community Discussion</p>
5 minutes	<p>Tools and Resource Spotlight</p>
5 minutes	<p>Upcoming Webinar, Evaluation and Closing Remarks</p>