



Presented by: Molly Spaulding, MPH, MS, RD
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UW-Extension Lunch and Learn seminars are provided as on-site educational sessions for employees. The sessions have been designed to be delivered in 30-minute segments, but can be modified to fit your worksite. If you are interested in scheduling a Lunch and Learn seminar, contact Molly Spaulding in the UW-Extension office at molly.spaulding@ces.uwex.edu or (920)294-4032.

Healthy Eating

Beating the Brown Bag Blahs

- ideas for quick, easy, tasty, and nutritious lunches

Meals in Minutes

- healthy options for after-work meals the whole family will enjoy (and won't take you long to prepare)

You are What you Eat

- get motivated to select balanced food choices to make you healthier

Dining on a Dime

- learn strategies to stretch your food budget and make the most of your dollar

Eat Smart Program

- twelve-part series on nutritious eating to improve heart, bone, and overall health

Sensible Snacking

- find out what's hidden in your favorite snack or beverage. Learn tips to select healthier options that still satisfy



Balancing Work and Caregiving

Prepare to Care

- two-part series for employees who are currently or will be providing care for an older adult family member or friend. Topics include stress management, communication, financing caregiving, and accessing local resources for caregiving.



Money Management



Financial Fitness: Getting Your Finances in Shape

- four-part series that helps employees track their personal expenses, make a plan for spending, and manage their credit and debt.

Physical Activity



Move It or Lose It!

- two-part series about the importance of physical activity. Participants will learn how to start their own worksite, family, or neighborhood physical activity programs.