



Date: Thursday, March 14, 2019

Time: 2-3 pm Eastern Time (ET)

Convert to your time zone at: <http://www.timeanddate.com/worldclock/converter.html>

Suggested CDR Learning Codes: 5460, 6010, 8060, 8100; Level 2

Suggested CDR Performance Indicators: 8.1.5, 8.3.6, 8.4.1, 8.4.5

In this webinar presented by Abbie Gellman, MS, RD, CDN, and Chef Julie Harrington, RD, on Thursday, March 14, 2019, from 2-3 pm EDT, learn how to educate your clients with evidence-based science, but translated through food along with behavior change techniques. Learn how to evaluate clients' cooking skills and confidence in the kitchen to set realistic food-focused behavior change goals.

Learning Objectives:

After completing this continuing education course, nutrition professionals should be able to:

1. Make evidence-based nutrition education relatable to clients through “food talk”.
2. Discuss the impact culinary nutrition programs can have on behavior mediators such as stress, knowledge, confidence, and goal setting.
3. Identify a variety of culinary nutrition needs and tips related to some of the most frequently diagnosed diseases, including diabetes, autoimmune diseases, and heart disease, and how to help clients integrate them.
4. Evaluate clients' cooking skills to work on goal setting accordingly.

How to Join the Webinar

1. Go to <https://goto.webcasts.com/starthere.jsp?ei=1235675>.
2. Log in with the e-mail address you used during registration.
3. Unmute your computer speakers or mobile device if necessary.

Handouts

A copy of the presentation slideshow will be available to download during the webinar in the live presentation viewer under the “Event Resources” tab.

Call **877-925-CELL (2355)** Monday through Friday from 9 am to 5 pm ET or e-mail ce@gvpub.com with any questions.



System Requirements

Operating System	Internet Browser	Media Playback	Audio
PC-based attendees: Windows® 10, Windows 8.1+Pro, Windows 7	Google Chrome 60+, Internet Explorer 11+, Firefox 55+, Safari 10+, Edge Browser	HTML5 streaming enabled browser	Audio must be streamed through computer speakers or mobile device.
Macintosh®-based attendees: Mac OS® X 10.10+		Apple iOS http streaming enabled browser	We recommend using Firefox or Google Chrome for optimal experience.
Mobile attendees: Apple iOS 10+ or Android 4.4+		Android http streaming enabled browser	

Test Your System & Audio: <https://goto.webcasts.com/test/>

Please Note: If you will be viewing the presentation on a work computer, we recommend that you log in early and test your system to verify that your company firewall allows access to GoToWebcast. You may need to contact your IT service provider to make sure that the website is enabled.

Credit Claiming: You must complete a brief evaluation of the program in order to claim your credits and download your certificate. The evaluation will be available immediately following the presentation on www.CE.TodaysDietitian.com. Evaluations must be submitted within 1 year of the live program in order to obtain credit. You do not need to complete the evaluation on March 14, 2019.

Credit Claiming Instructions:

1. Log on to www.CE.TodaysDietitian.com/CulinaryPart1, go to “My Courses” and click on the webinar title.
2. Click “Take Course” on the webinar description page.
3. Select “Start/Resume Course” on the webinar description page. If you do not see this button, you may need to select “Start” on the Webinar Evaluation step.
4. Complete and submit the Evaluation.
5. Download and print your certificate.

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