



EXCLUSIVE WEBINAR PRESENTATION

CULINARY STRATEGIES TO SPICE UP YOUR CLIENTS' KITCHENS

Presented by Shayna Komar, RD, LD, and Chef Nancy Waldeck

**EARN
1 CEU**

Wednesday, March 1, 2017, 2-3 PM EST

Date: Wednesday, March 1, 2017

Time: 2-3 pm Eastern Time (ET)

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Suggested CDR Learning Codes: 8060, 8090, 8100, 8130; Level 2

Suggested CDR Performance Indicators: 8.4.1, 8.4.2, 8.4.3

We know that changing culinary lifestyles can be difficult. Healthy foods can seem extremely bland to clients that are accustomed to fat, sugar and other additives. Clients frequently ask how to make their “healthy” food taste good. It is often difficult to take medical nutrition therapy information and translate it into practical kitchen knowledge. One of the best options is to introduce clients to more spices and herbs. They make foods taste better without adding unwanted sugar, fat, salt, calories, and preservatives. In this webinar, a dietitian, Shayna Komar RD, LD, and chef Nancy Waldeck work in collaboration to provide practical strategies that RDs can use to help clients prepare food quickly and healthfully, along with kitchen techniques that can be easily adapted by clients.

Learning Objectives

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

1. Identify barriers that keep clients from purchasing and cooking healthful foods.
2. Supply a list of kitchen and pantry staples that will allow a client to more easily prepare healthful meals.
3. Explain and instruct cooking techniques that are critical in the healthy kitchen, including the use of herbs and spices.
4. Provide clients with 10 usable kitchen techniques that they can implement in preparing healthful foods.

How to Join the Webinar

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2. Log in with the e-mail address you used during registration.
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Call **877-925-CELL (2355)** Monday through Friday from 9 am to 5 pm ET or e-mail ce@gvpub.com with any questions.

Handouts

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

System Requirements

Operating System	Internet Browser	Media Playback	Audio
PC-based attendees: Windows® 7, Vista, or XP Macintosh®-based attendees: Mac OS® X 10.6+ Mobile attendees: Apple iOS 5.1+ or Android 2.2+	Internet Explorer 7.0+, Firefox 4+, Safari 5+, or Google Chrome 10+	Adobe Flash Player 10.1+ Mobile attendees: Apple iOS or Android http streaming enabled browser	Audio must be streamed through computer speakers or mobile device. We recommend using Firefox or Google Chrome for optimal experience.

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