

RSU 18 LIFESTYLE's Team Presents a
"Personal & Family Nutrition Series"



**Erin Dow
(RSU 5)**

Erin Dow is currently the School Nutrition Director for Regional School Unit 5 (Freeport). Erin is a professional Chef who owns her own catering business and has been in the food industry for two decades. Erin has served as the director of the Guiding Stars Program for

Hannaford Supermarkets, has been featured on the news program 207, and has cooked for world renowned Chefs like the late Anthony Bourdain.

Erin's classes will focus both on lunches and dinners and also multi-day meal planning as well.



**Kelley Dow
(Colby College)**

Kelley Dow is a Registered Dietitian (RD) through the Commission for Dietetic Registration and Licensed Dietitian (LD) in the State of Maine. She has a certification of adult weight management through the Academy of Nutrition and Dietetics and spent 5 years as a Certified

Nutrition Support Clinician (CNSC) through the American Society of Enteral and Parenteral Nutrition (ASPEN). At Colby College, Kelley works with students, athletes and staff to create a positive environment encouraging intake of healthy foods emphasizing healthy lifestyles.

March 2019!

Meal Prep Sunday (March 20, 2019)

Imagine not giving a thought to your home lunches for the whole workweek. In this class, Erin will go over a plan to spend just one hour to have Sunday evening's dinner prepped and four lunch items ready to supplement your work week lunches or dinners. Attendees will leave class with a firm plan and a shopping and process list for three separate weeks of preps for delicious items that will stay fresh and delicious throughout the week. Meat and vegetarian options will be provided.

Nutrition Basics (March 28, 2019)

Navigating carbohydrates, fats and proteins. In this session we will examine the function of these basic macronutrients and how to incorporate them into a healthy lifestyle. We will also discuss our relationship with food and how to navigate the world of constant food choice!

April 2019!

Adapting Recipe Favorites to Achieve Your Wellness Goals (April 25, 2019)

Everyone has a favorite meal that they wish they could eat more often but can't. Maybe you're trying to cut salt or cholesterol and the changes you've tried haven't tasted great. Perhaps you've adopted a lower-carb lifestyle or you're contending with a family allergy or intolerance and need help adapting a recipe so you don't feel deprived. In this class, attendees will bring in a recipe or description of a favorite dish and Erin will give pointers on how to achieve your goals using techniques such as layered seasoning, flavor profile building and ingredient substitutions that everyone attending can use in their own kitchen.

Building a Healthy Plate (April 24, 2019)

How to use the "nutrition basics" to build healthy meals and plates for ourselves and our families. I'm hoping I can recruit my chef-friend to join in this class and maybe do some basic cooking??

May 2019!

Summer BBQ (May 22, 2019)

Summer get-togethers can be a source of stress for so many home cooks, who invariably spend more time fussing in the kitchen than enjoying the weather and their guests. In this class, Erin will go over a fool-proof summer BBQ menu from shopping to serving that balances healthy items with the typically indulgent dishes we all love. Attendees will be provided with a handy guide to purchasing and prep quantities to help take the guesswork out of how much food to buy or prepare.

Body Image and Disordered Eating (May 13, 2019)

A look at how society views body size and how we view ourselves. Is it possible to build a healthy relationship with food and improve our self-image without the constant urge to restrict and label foods "off limits"?? How do we encourage our young learners to fuel their bodies both for now and the future?

All sessions will be held in the Cafeteria at Messalonskee High School from 4:00 pm – 5:30 pm