



HEALTHY LIVING BY GIANT SEMINAR TOPICS

Looking for an idea for a class? Check out our list of various seminar topics available by the Healthy Living Team. To learn more about our classes, visit [and visit our "Classes and Events" tab.](#) For more assistance, email healthyliving@giantfood.com.

"Stay Well" (Lifestyle Nutrition)

- **Aging Gracefully** – This class will help you identify simple and gradual lifestyle strategies to help you meet your personal health goals and gracefully keep your brain healthy for aging.
- **Eating for Prediabetes or Diabetes** – Monitor your blood sugar by managing carb and protein intake. We'll also explore other lifestyle changes to check blood pressure and cholesterol.
- **Feeding Toddlers to Tweens** – Knowing what and how much to feed kids can be a challenge. Let's make mealtimes fun and get kids more involved in the kitchen and interested in trying something new!
- **Food As Preventive Medicine** – This is more than an apple a day – it's about getting more nutrient-rich, disease-preventing, and functional foods in your cart and on your plate. (HT presentation)
- **Health Literacy: Translating Your Diagnosis into Eating** – Glucose and LDL are no match for a balanced plate. Learn how food impacts your numbers and ways to turn the table on your diagnosis.
- **Healthy Habits to Support Fitness Goals** – Whether you work out at home, in the gym, or somewhere in between, healthy habits are essential to obtain and maintain your fitness goals.
- **Healthy Living Made Easy** – Whether you're concerned about heart health, blood sugar or just interested in maximizing your health, learn simple tips to move you towards your wellness goals.
- **Holiday Eating Strategies** – There are less than 65 days between Halloween and New Year's, but they can add up to weeks of overindulging. Learn how to enjoy your holiDAYS - as a guest or host.
- **Immune Boosting Foods** – Learn how to fill your cart and plan your menu to support a healthy immune system and reduce your risk for heart disease, type 2 diabetes, and cancer.
- **Love Your Heart** – Whether you have concerns about cholesterol or hypertension or want to keep your heart healthy, learn how to eat and move to improve your numbers and health.
- **Microbiome Makeover: Gut Health** – The gut plays a vital role in health. Learn how to build a healthier microbiome and boost your gut and overall health with prebiotics and probiotics.
- **Reduce Inflammation Naturally** – Chronic inflammation can cause long-term health problems. Learn how your diet and lifestyle influence inflammation and strategies to improve long-term

health.

- **The MIND Diet** – As we age, our brain changes, affecting memory, learning, and other cognitive functions. Learn about brain-boosting nutrients and lifestyle habits for better brain health.

"Eat Well" (Foodie Topics)

- **Expanding and Balancing your Plate** – Healthy doesn't have to be boring - in fact, it can be just the opposite when you try something new or trendy. (HT presentation)
- **Meal Planning Made Easy** – Learn how to stretch your dollars and build more nutritious and delicious meals with simple meal planning tips and shopping strategies.
- **Mediterranean Made Easy** – Chocolate, spices, and red wine? Yes! We have tips and product suggestions to make this top-rated eating strategy easy and delicious.
- **Plant-Based Eating** – From recipes and seasonings to identifying better-for-you plant products, get more plants on your plate simply by aiming for balance and trying something new.
- **Spice It Up** – Throughout history, herbs and spices have been used to flavor meals and improve health. Learn ways to spice up your meals, cooking tips, and storage strategies.
- **World of Flavor** – Get to know the international aisle and "Try Something New" with easy recipes and ingredients that span the globe.

"Do Well" (Sustainability in Shopping)

- **Take a (Virtual) Store Tour** – Visit each store section to learn about the latest trends, lingering misconceptions, and shopping strategies to improve your health and stretch your budget.
- **Food Labels Made Easy** – Feel like food labels are sending mixed messages? From Natural and Organic to GMO-Free and Safe Catch, let's sort fact from fiction.
- **The Sustainable Diet** – Learn how our food affects our health and the planet and ways to shop and eat for a healthier planet and diet.
- **Zero Waste Easting** – You've heard of recycling; this is upcycling. Learn new sustainable ways to use food to save money and prevent food waste.

"Live Well" (Self-Care)

- **Living Mindfully** - Mindfulness is all about being present. Learn how mindfulness applies to eating, meaningful connections, and work-life balance.
- **Mindful Eating** – Are you a mindful or mindless eater? Learn to be more aware of how your environment influences your eating habits. This is not about what to eat but how to eat.
- **Mood-Boosting Foods** – Certain foods can boost those feel-good hormones. Let us help you make a grocery list that will lighten your spirits AND improve your long-term wellness.
- **How to Catch Better Zzz's** – Adequate sleep is critical to long-term health. Learn the benefits of sleep, how food influences your sleep, and ways to fall and stay asleep.
- **Eating 9-5: Solutions for Workplace Challenges** – Learn how to incorporate healthy habits and navigate common workplace challenges that can improve your health, concentration, and productivity!

Food Demo Topics

Food demos pair nicely with various nutrition topics – we'd be glad to help you choose. **Note:** a minimum of 20 participants is required for food demo sampling.

- **Build a Better Bowl** – choose from salad or grain bowl.
- **Build a Better Dip** – sweet or savory option available (great for kids!)
- **Build a Better Smoothie** – meal replacement or snack option.
- **Build a Better Trail Mix** – peanut-free option available.
- **Virtual Cook-Alongs** – great for groups; recipes to be agreed upon by the group and nutritionist.