

# HEALTHY EATING AND HEALTHY WEIGHTS PROMOTION WORKSHOP



Workshop  
focuses on:

Improving  
meal planning

Increasing  
family nutrition

Balancing food  
and exercise

Saving money  
on groceries

Avoiding peer  
pressure

Connecting  
with food

## *A Workshop for Food and Weight Control*



### What you will learn

I customize training in indigenous family health, with a focus on Healthy Eating and Healthy Weights, to support low-income families to adopt a healthier diet. I do this by sharing knowledge on why we eat the foods we do, why we weigh what we do, and how we can change for the better.

1. DETERMINANTS OF HEALTHY EATING AND HEALTHY WEIGHTS - This presentation outlines some of the major individual, social, environmental, and socio-economic factors (like food security) that contribute to, or influence, one's food choices and food consumption patterns. I ask the question, "Why are some people healthier than others?" and, together, we explore the answers.
2. SUCCESSES AND CHALLENGES IN PROMOTING FAMILY HEALTH - I will invite you to share your successes and challenges in striving for a healthy lifestyle, in teaching your kids to eat properly, in cooking for seniors, and in balancing calories with exercise. What can you learn from the experience of others?
3. BALANCING FAMILY HEALTH USING HOLISTIC APPROACHES - I will share practical strategies for health on a budget, starting with mental and

intellectual activities geared to meal planning. We will explore the relationship between our physical selves and those of our ancestors in sourcing and preparing food. Then we will discuss strategies for connecting to our food emotionally, socially, and spiritually. My tips will help you to look at food and health in new ways and give you the confidence to make better choices each and every day.

4. EDUCATIONAL RESOURCES - I share a number of Indigenous Fusion recipes that participants can make at home that use healthy cooking methods and ingredients, without breaking the piggy-bank. I will also share a variety of resources that I recommend for those interested in calculating their life expectancy, BMI, or pregnancy weight gain; for teaching food and nutrition; and for portion control diagrams, physical activity videos for kids, pregnancy exercise guides, and much more.

*David shares the techniques he uses to live a healthy life and control his weight. He has delivered this workshop to dietitians, nutritionists, nurses, health directors, community cooks, diabetics, and indigenous community members of all ages in Toronto, Thunder Bay, Timmins, Temagami, and Prince George.*

### The Trainer:

#### Chef David Wolfman

David is a First Nations TV Chef, host and executive producer of *Cooking with the Wolfman*, aired on APTN in Canada and FNX in the US. He is also a classically trained chef with over 30 years of industry experience and is a Culinary Arts Professor at George Brown College in Toronto, Canada. He teaches international cuisine and hospitality, cultural influences in food, and food and beverage management to students from around the world.



### CONTACT US

[info@consultmarlene.com](mailto:info@consultmarlene.com) or  
[david@cookingwiththewolfman.com](mailto:david@cookingwiththewolfman.com)