



Workshop Topic Selection Table – Empowered Eating for All Campaign

This table provides a selection of beginner-friendly nutrition and health workshop topics. Each community can choose topics based on their audience's interests and needs.

#	Workshop Topic	Brief Description	Suggested Duration	Audience Focus
1	Building Balanced Meals	Simple ways to include all food groups every day	60–75 min	General adults
2	Reading Food Labels Made Easy	Learn what nutrition labels really mean	60 min	Adults
3	Smart Grocery Shopping Tips	Choosing healthy foods on a budget	60–75 min	Anyone looking to eat well affordably
4	Eating Mindfully	How to enjoy food and listen to your body's cues	60–75 min	Adults interested in behavior change
5	Understanding Cravings	Why we crave certain foods and simple ways to respond	60–75 min	All adults, particularly those struggling with cravings
6	Healthy Snacking Tips	Choosing snacks that satisfy and nourish	60 min	General adults
7	Managing Stress and Eating	Simple ways to avoid stress-driven eating	60–75 min	Adults experiencing emotional eating *not for people with eating disorders



#	Workshop Topic	Brief Description	Suggested Duration	Audience Focus
8	Nutrition for Heart Health Basics	Simple tips for a healthy heart	60-75 min	Adults interested in heart wellness
9	Managing Blood Sugar with Food	Easy ways to balance blood sugar and boost energy	60-75 min	Adults concerned with blood sugar
10	Digestive Health Made Simple	Tips for better digestive health	60-75 min	Adults with mild digestive concerns
11	Strong Bones Through Food	Easy ways to support bone health	60 min	Adults concerned with bone health
12	Eating Well While Staying Active	Practical advice for everyday energy and fitness	60-75 min	Adults with active lifestyles
14	Easy Plant-Powered Meals	How to include more fruits and vegetables	60 min	Adults looking to increase plant-based foods
14	Simple Protein Choices	Understanding protein and how to add it to meals	60 min	General adults
15	Debunking Common Food Myths	Clear guidance on everyday nutrition questions	60 min	General adults

Note: Additional workshop topics can be tailored to meet community interests and audience needs, ensuring relevant and engaging sessions.