

# DINING WITH DIABETES

## *Beyond The Kitchen*

## Register Today!

**Dining with Diabetes: *Beyond the Kitchen*** is a **FREE** online course created by OSU Extension Family and Consumer Sciences. This online course goes “beyond the kitchen” to discuss making healthy choices when eating at restaurants, grocery shopping or planning weekly meals.

### The course includes:

- Videos
- Interactive presentations
- Fact sheets and resources
- Short surveys to test knowledge
- An open forum to share ideas, questions and tips with other course participants
- The ability to speak with Ohio State Extension professionals
- Access to websites and apps that help manage diabetes



**Dining with Diabetes: *Beyond the Kitchen*** is **self-paced** and participants can enter and leave whenever they want. Everyone who completes the course is automatically entered in a drawing for a \$100 *Amazon.com* gift card.

### Sign up is easy and free. Visit <https://go.osu.edu/dwd-btk>.

If you have an account with *Ohio State CFAES Canvas*, enter your email address and choose 'I already have an Ohio State... login'. If you don't already have one, you will need to create a free account using the directions below to access the course and take advantage of all the course materials.

1. Enter your email address in the sign up form and choose 'I am a new user'.
2. Enter your name, agree to the Acceptable Use Policy, and click 'Enroll in Course'.
3. Click 'Go to course' to be taken to the course homepage.
4. You will receive a confirmation email. Click the 'Click here to finish the registration process' link in that email to finish *Ohio State CFAES Canvas* account setup.

For questions or more information, contact **Dan Remley** at [remley.4@osu.edu](mailto:remley.4@osu.edu)



THE OHIO STATE UNIVERSITY

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HUMAN ECOLOGY

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