NUTRITION RESOURCE GUIDE

Food & Agriculture Resources
Nutrition Education
Resource Reading & Cookbooks
Trainings for Consumers & Professionals
Helpful Web Links
Health Coaches

Brought to you by WE CAN
A grant-supported study
Wellness Education for CAncer Nutrition

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COVID DISCLAIMER

Many programs, classes and meetings are constantly in a state of flux and transition. Some may be held online and others may meet in person. Sites may move or adjust hours for the season.

Be sure to contact each program or site before venturing out.

ABOUT THIS GUIDE

This collection of nutrition resources was created by the research study team for WE CAN (Wellness Education for CAncer Nutrition) and funded by a grant from Oregon Health and Science University Knight Cancer Institute. Although funded to address cancer, this booklet includes resources in Coos and Curry Counties applicable to a variety of health conditions.

For corrections or edits, please contact the primary investigator: stephanie.polizzi@oregonstate.edu

A pdf version of this document with hot links can be found on the OSU Extension, Coos County, website: https://extension.oregonstate.edu/coos/healthy-families-communities

Edition II, Revised July 2021
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WHAT IS A WHOLE-FOOD, PLANT-BASED DIET?
from Forks Over Knives

Forget percentages and calorie counting! Use this visual guide to learn how to eat a delicious, disease-fighting diet.

FRUITS
Apples, bananas, dates, grapes, strawberries, oranges, etc.

VEGGIES
Lettuce, kale, collards, peppers, green peas, corn, etc.

TUBERS
Sweet potatoes, potatoes, yams, carrots, beets, etc.

WHOLE GRAINS
Bulgar, quinoa, barley, rice, whole wheat, oats, etc.

LEGUMES
Kidney beans, chickpeas, cannellini beans, lentils, black beans, etc.

Find out more at forksoverknives.com
WHY FOCUS ON NUTRITION

Cancer is the number 1 cause of death of Coos County residents, nearly double Oregon state rates. Studies demonstrate that intake of fruits and vegetables can improve outcomes for cancer patients by reducing incidence, severity and associated morbidity. This is the reason for the WE CAN study.

The American Institute for Cancer Research states that, “putting mostly plant foods on your plate is the healthiest diet.” The plant-based diet is not only helpful to prevent primary and secondary cancer, is also the same diet known to reverse heart disease and type 2 diabetes, reduce inflammation, improve circulation, decrease depression and prevent Alzheimer’s and other forms of dementia.

FOOD IS MEDICINE

Hippocrates, the father of medicine, is credited with the quote, “Let food be thy medicine, and let medicine be thy food.” His original physician’s oath is believed to include the phrase, “With regard to healing the sick, I will devise and order for them, the best diet.” He was known to focus on food before medications.

Dietary habits influence disease risk. The foods we eat can either harm the body and contribute to disease, or heal the body and get you back on the road to vibrant health.

THE CHOICE IS YOURS.

You can take control of your health by making decisions with your fork every time you eat.
A healthy way of eating is not a diet, but rather a series of choices that include a variety of whole plant foods. These foods maximize your intake of vitamins, minerals, phytonutrients and dietary fiber that are essential to achieving and maintaining optimal health.

Many of today’s chronic diseases are diet-related and clinical trials have shown that adopting a plant-based diet can reduce risk factors without drugs or expensive medical procedures. People who consume a plant-rich diet have lower risk of heart disease, type 2 diabetes, cancer, obesity and dementia.

Plant-based diets are also less expensive than an omnivorous diet. According to a 2012 study in the Journal of Hunger & Environmental Nutrition, switching to a plant-based diet can save $750/year.

Making diet changes can be a daunting task unless you have helpful resources and support. The resources in this booklet will help you to:

- Gain knowledge and education about the importance of consuming more plant foods to protect your health
- Locate resources to access food, like food vouchers and farmers’ markets
- Discover ways to grow your own produce in community or container gardens
- Find reputable nutrition information and research on topics related to your personal health

We hope you will find this resource booklet a valuable tool to guide you on your path to wellness.
FOOD RESOURCES

FARMERS’ MARKETS

Coos County

Bandon Farmers’ Market
250 1st Street, Bandon
Fri & Sat 10am - 4pm   Season Duration: May - December
https://www.facebook.com/BandonFarmersMarket/

Coos Bay Farmers’ Market
398 Central Ave, Coos Bay
Wed 9am-2pm   Season Duration: June 3rd - October 28th
https://www.facebook.com/CoosBayFarmersMarket/

Coquille Farmers’ Market
115 N. Birch St, Coquille
541-396-3894
https://nfmd.org/or/coquille/1007058/

Curry County

Brookings Harbor Farmers’ and Artisans’ Market
15786 US 101 South, Brookings
Sat & Wed 10 am - 3 pm
http://brookingsharborfarmersmarket.com/

Port Orford Farmers’ Market
812 Oregon St, Port Orford
Check for opening at:
https://www.facebook.com/PortOrfordFarmersMarket
FOOD RESOURCES

FOOD BANKS

South Coast Food Share (Coos & Curry) 541-435-7754
https://www.orCCA.us
225 Laclair St, Coos Bay, OR
Courtney Deschler 541-435-7080 ext 380
Email: southcoastfoodshare@ORCCA.us
www.facebook.com/orcca.us

Brookings Harbor Community Helpers, Inc 541-469-6988
https://www.brookingsharborfoodbank.org/
97829 Shopping Center Ave, Harbor, OR
Emergency groceries, shopping dollars for seniors to use at Farmers’ Market. Limited diapers, baby food and formula. Mon, Wed & Fri, 9am - 2pm
www.facebook.com/BHFoodBank

FOOD DISTRIBUTION SITES

Days and times are subject to change. Please call ahead to double check hours and availability.

Coos County

Bandon Restoration 541-347-4900 ext 3
Worship Center
89 North Ave NE, Bandon
Last Thu of the month 4-5:30 pm
**FOOD DISTRIBUTION SITES (con’t)**

<table>
<thead>
<tr>
<th>Site</th>
<th>Phone</th>
<th>Address</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bandon Good Neighbors</strong></td>
<td>541-329-2399</td>
<td>1100 11th St, SW, Bandon</td>
<td>1st Tue of month 9 am - 12 pm</td>
</tr>
<tr>
<td><strong>Charleston Food Pantry</strong></td>
<td>541-756-4920</td>
<td>63081 Crown Point Rd, Charleston</td>
<td>Wed 10 am - 1 pm</td>
</tr>
<tr>
<td><strong>Coastal Harvest</strong></td>
<td>541-329-9726</td>
<td>1122 Fillmore Ave, Bandon</td>
<td>Call for hours/times</td>
</tr>
<tr>
<td><strong>Coos Bay SDA Food Pantry</strong></td>
<td>541-756-5812</td>
<td>2175 Newmark Ave, Coos Bay</td>
<td>Tue 9:30 am - 12 pm</td>
</tr>
<tr>
<td><strong>Coos Food Cupboard</strong></td>
<td>541-217-0258</td>
<td>370 Market St, Coos Bay</td>
<td>Thu 5 - 7 pm, MWF noon- 2 pm</td>
</tr>
<tr>
<td><strong>Coquille Bear Cupboard Food Pantry</strong></td>
<td>541-824-1455</td>
<td>1051 Cedar Point Rd, Coquille</td>
<td>Tue 11 am - 1 pm</td>
</tr>
<tr>
<td><strong>Lakeside Feed the Need Pantry</strong></td>
<td>541-759-3819</td>
<td>915 N Lake Rd, Lakeside</td>
<td>1st &amp; 3rd Fri, 5:00 - 7:00 pm, 2nd &amp; 4th Fri, 11am - 1 pm</td>
</tr>
<tr>
<td><strong>Myrtle Point Food Pantry</strong></td>
<td>541-260-4370</td>
<td>1320 Maryland Ave, Myrtle Point</td>
<td>Days: Thu when posted in the window Hours: 10 am - 2 pm</td>
</tr>
</tbody>
</table>
FOOD RESOURCES

FOOD DISTRIBUTION SITES (con’t)

North Bend Presbyterian Church 541-756-4155
2238 Pony Creek Rd, North Bend
Days: Mon & Wed
Hours: 9:30 am - 12 pm

South Coast Fresh Choice Market (Grand Opening 2022)
225 Laclair, Coos Bay
Days: Mon-Thurs
Hours: 9:30 am - 5 pm

Pelican Harbor
1067 Newmark Ave, North Bend, Pony Village Mall
Days: Thu
Hours: 9:30 am - 11 am

Powers Food Pantry
510 2nd Ave, Powers
Days: 1st Wed
Times: 2 - 4:30 pm

Salvation Army Cascade Division 541-888-5202
1155 Flanagan Ave, Coos Bay
Days: Tue - Thu
Hours: 9:30 - 11 am

https://www.facebook.com/pelicanharborfoodbank
FOOD RESOURCES

FOOD DISTRIBUTION SITES (con’t)

**Curry County**

**Brookings-Harbor Community Helpers**  541-469-6988  
539 Hemlock St, Brookings  
Days: Mon, Wed & Fri  
Hours: 10 am - 1 pm

**Church of the Nazarene**  
1600 Chetco Ave, Brookings  
Days: 3rd Wed of month  
Hours: 12:00 - 2:30 pm  
Contact: Donnie Borchard  301-512-4990  
Call for special appointment

**Gold Beach Christian Help**  541-247-4054  
29813 Colvin St, Gold Beach  
Days: Mon, Wed, Thu, Fri  
Hours: M 9 - 11 am, W, Th 8 am - 2 pm, F 8 - 11 am

**Gold Beach SDA**  541-247-2057  
94191 3rd St, Gold Beach  
Days: Tue  
Hours: 9 am - 1 pm

**The Common Good**  541-332-1365  
2015 Washington St, Port Orford  
Days: 1st and 3rd Wed  
Hours: 10 - 11 am
FOOD RESOURCES

FREE OR LOW COST MEALS
Days and times are subject to change. Please call ahead to double check hours and availability.

**Coos County**

**Bay Area Senior Center**
866 S 4th St, Coos Bay
Tue - Fri 11:30 am - 12:00 pm

**College Park Community Church**
www.collegepark4u.org
2548 Newmark Av, Coos Bay
Sat 7 - 9 am

**Devereaux Center**
www.thedevereuxcenter.org
1200 Newmark Center, Coos Bay
Breakfast Mon, Tue, Wed, Fri, 9 - 10 am
Brunch Thu 10 am - 12 pm
Lunch 11:30 am - 12:30 pm

**EAT (Everyone At the Table)**
https://feedingbandon.org/eat
Bandon Community Center
1200 11th St SW, Bandon
Tue 5:30 - 6:30 pm

**Harmony United Methodist Church**
http://harmonyumcoregon.org/
123 Ocean Blvd SE, Coos Bay
Sat 11 am - 1 pm

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FREE OR LOW COST MEALS (con’t)

Lakeside Senior Center
915 N Lake Rd, Lakeside
Tue, Thu 10:30 am - 12:30 pm

North Bend Church of Christ
2761 Broadway, North Bend
Wed 6 - 7pm

South Coast Gospel Mission
http://www.southcoastgospelmission.org
1999 North 7th Street, Coos Bay
Mon-Fri breakfast 7 - 7:30 am, lunch 12 - 1 pm, dinner 5 - 6 pm
Sat 7:30 - 8 am, 5 - 6 pm

The Harbor Assembly of God
https://ag.org/church
63748 Harriet St, Coos Bay
Sat 10am - 1:00pm

The Refuge Church
625 Commercial Av, Coos Bay
Sun, after church services

Curry County

Brookings Community Kitchens
St Timothy’s Episcopal Church
401 Fir St, Brookings
Tue Noon - 1 pm

More community kitchens next page
FREE OR LOW COST MEALS (con’t)

**Brookings Community Kitchens (con’t)**
- Star of the Sea Catholic Church 541-469-2313
  820 Old Country Rd, Brookings
  Wed 12 - 1 pm
- Brookings Presbyterian Church 541-469-3725
  540 Pacific Av, Brookings
  Thu Noon - 1 pm

**Chetco Senior Center**
541-469-6822
550 Chetco Ln, Brookings
Mon-Fri, 11:15 am - 12:30 pm
Meals on Wheels delivered on Mon

**Gold Beach Community Center**
541-247-7506
29841 Airport Way, Gold Beach
Pickup only, house-bound delivery
Tue 10:30 am - 12:30 pm

[https://www.facebook.com/pages/category/Community/Gold-Beach-Senior-Center-1624370934530037/](https://www.facebook.com/pages/category/Community/Gold-Beach-Senior-Center-1624370934530037/)

**Gold Beach SDA Soup Kitchen**
541-247-2057
94191 3rd St, Gold Beach
Tue 4 - 6 pm

**St Timothy’s Episcopal Church**
541-469-3314
550 Chetco Ln, Brookings
Mon, Wed, Fri 9 am - Noon

**Coos/Curry Food Resources infographic**
SNAP BENEFITS
Supplemental Nutrition Assistance Program

SNAP is a federally-funded program which offers nutrition assistance to eligible, low-income individuals and families. In Oregon, SNAP is administered by the Oregon Department of Human Services (ODHS). Benefits are distributed through the state’s Electronic Benefit Transfer (EBT) system which allows people to access their benefits using an “Oregon Trail Card” at the grocery store.

- SNAP benefits are a supplement. They are not designed to meet all of the food needs of a household. SNAP should be used in combination with other resources.
- People do not need to be destitute to qualify for SNAP benefits. People can be working or have other forms of income and still be eligible for benefits.
- Apply online or call your local office
  https://apps.state.or.us/onlineApplication

**Coos/Curry SNAP Navigator**
Zachary.A.Richard@dhsoha.state.or.us 541-294-9048

**SNAP in Coos County**
ODHS Self-Sufficiency Office
1431 Airport Ln, Coos Bay 541-808-6155

**SNAP in Curry County**
Gold Beach OR Department of Human Services
94145 5th Place, Gold Beach 541-247-7036
SNAP-EDUCATION

SNAP Education through OSU Extension

Oregon State University Extension Service manages the SNAP-Education grant from the federal government.

OSU’s SNAP-Ed programs around the state focus on improving nutrition for youth and families with budget-conscious recipes, shopping tips and budgeting guides.

SNAP-Education faculty provide nutrition education for SNAP-eligible children and families. Look for SNAP-Ed faculty in schools, senior centers, low-income housing and WIC (Women’s, Infant’s, Children) programs.

Allison Harris 41-572-5263 Ext 25281
SNAP-Ed Coord, Coos/Curry
allison.harris@oregonstate.edu

FoodHero.org is your online source for nutrition information, budgeting, shopping and cooking. You can find easy recipes, kids activities and gardening tips 24 hours a day available in English and Spanish. The online media center has cooking videos, and downloadable art for grocery advertising. Browse through the Healthy Food Blog for additional tips for shopping and saving.

Food Hero Monthly Magazine is a free, award-winning publication which features an ingredient grown in Oregon. Special editions cover broader subjects for providing healthy meals for your family.
**PLANT-BASED MEALS AT RESTAURANTS**

Most restaurants offer plant-based meal options. Try ethnic restaurants like Mexican, Italian, Chinese, Japanese, Indian, Thai or Vietnamese. Some restaurants offer bean burgers or “Impossible” burgers. Even pizza can be plant-based, especially topped with extra vegetables. Here are just a few local restaurants serving plant-based entrees:

**Coos County**

<table>
<thead>
<tr>
<th>Restaurant Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian Garden, Bandon</td>
<td>541-329-1100</td>
</tr>
<tr>
<td>Café Mediterranean, North Bend</td>
<td>541-756-2299</td>
</tr>
<tr>
<td>Chan’s Wok, North Bend</td>
<td>541-751-0623</td>
</tr>
<tr>
<td>Ciccarelli’s, North Bend</td>
<td>541-751-1999</td>
</tr>
<tr>
<td>Coquille Valley Produce &amp; Deli</td>
<td>541-396-3742</td>
</tr>
<tr>
<td>El Tapatio Mexican Restaurant, Coquille</td>
<td>541-396-5493</td>
</tr>
<tr>
<td>EZ Thai, Coos Bay</td>
<td>541-267-8404</td>
</tr>
<tr>
<td>Front Street Provisioners, Coos Bay</td>
<td>541-808-3420</td>
</tr>
<tr>
<td>La Herradura Mexican Restaurants North Bend</td>
<td>541-756-0906</td>
</tr>
<tr>
<td></td>
<td>541-572-0394</td>
</tr>
<tr>
<td>Little Italy, Coos Bay</td>
<td>541-808-2200</td>
</tr>
<tr>
<td>Kum-Yons, Coos Bay</td>
<td>541-269-2662</td>
</tr>
<tr>
<td>Noster’s Kitchen, Coos Bay</td>
<td>541-808-3999</td>
</tr>
<tr>
<td>Puerto Vallarta, Coos Bay</td>
<td>541-269-0919</td>
</tr>
<tr>
<td>7 Devils Brewing Co, Coos Bay</td>
<td>541-808-3738</td>
</tr>
<tr>
<td>Pancake Mill Restaurant, North Bend</td>
<td>541-756-2751</td>
</tr>
<tr>
<td>Tai’s Dynasty, North Bend</td>
<td>541-756-1322</td>
</tr>
<tr>
<td>The Tin Thistle, North Bend</td>
<td>541-267-0267</td>
</tr>
<tr>
<td>Wildflour Café &amp; Catering, North Bend</td>
<td>541-808-3633</td>
</tr>
</tbody>
</table>
PLANT-BASED MEALS AT RESTAURANTS (con’t)

Curry County

- Black Trumpet Bistro, Brookings 541-887-0860
- Golden Harvest, Port Orford 541-366-2193
- Khun Thai, Brookings 541-412-0555
- La Flor De Mexico, Brookings 541-469-4102
- Oxenfre Public House, Brookings 541-813-1985
- Pancho’s Restaurant Y Cantina, Brookings 541-469-6531
- Rancho Viejo, Brookings 541-412-0184
- Red Fish, Port Orford 541-366-2200
- Spinner’s, Gold Beach 541-247-5160
- Wong’s Chinese Food, Gold Beach 541-247-7423
- Zola’s Pizzeria, Brookings 541-412-7100

PLANT-BASED MEAL KIT DELIVERY SERVICES

If you are new to plant-based eating, these delivery services may take the guesswork out of plant-based meal preparation.

EveryPlate www.everyplate.com
Freshly www.freshly.com
Green Chef www.greenchef.com
HelloFresh www.hellofresh.com
Home Chef Fresh and Easy www.homechef.com
Plant Pure www.plantpurenation.com
Purple Carrot www.purplecarrot.com
Sun Basket www.sunbasket.com
Veestro www.veestro.com
COMMUNITY GARDENS

Community gardens are plots of land, usually in urban areas, that are rented by individuals or groups for private gardens or are for the benefit of the people caring for the garden. Check with your local community garden to get involved!

**Coos County**

**Good Earth Garden**  
780 8th Ct SW, Bandon  
bandongoodearth@gmail.com

**Harvest Moon Garden**  
180 N. Baxter St, Coquille  
coquillegarden@gmail.com

**Lady Bug Landing**  
S 8th St, Coos Bay  
socoastgardens@gmail.com

**Lakeside Harmony Garden**  
915 North Lake Rd, Lakeside  
baprichards@gmail.com

**Curry County**

**Gold Beach Community Garden**  
94255 Caughell St, Gold Beach  
https://www.globuya.com/US/Gold-Beach/1297059560391761/  
Gold-Beach-Community-Garden

**Living Waters Foursquare Garden**  
1136 Fifield St, Brookings  
Garden plots available

**Port Orford’s Community Garden**  
541-287-2000  
Contact Laurie to reserve a garden bed for just $10/yr
COMMUNITY SUPPORTED AGRICULTURE (CSAs)

CSAs are farm-share programs that allow you to purchase a “share” of produce from a local farmer.

During the season, the farmer creates weekly boxes of fresh, organically-grown fruits and vegetables delivered to your region. Many times, it is more produce than one or two people can consume so the cost of the CSA can be shared among friends, family or co-workers.

Benefits of Joining a CSA

- Knowing where your food comes from
- Fresh from the farm taste
- Loaded with nutrients
- Saves time shopping
- Saves money on produce
- Exposes you to new foods to try in your recipes
- Supports local farms

Valley Flora Farm 541-348-2180
94960 Floras Creek Rd, Langlois
Text: 541-551-0314
Bandon, Coos Bay and Port Orford delivery sites
You-pick or delivered boxes

Winter Green Farm 541-935-1920
89762 Poodle Creek Rd, Noti
folks@wintergreenfarm.com
Florence, Reedsport and Coos Bay delivery sites
Mid June through Mid September
OSU MASTER GARDENER PROGRAM

Master Gardeners are OSU-certified volunteers trained to provide recommendations for sustainable gardening practices to residents. Volunteers answer gardening calls and staff plant clinics, plant sales or booths at the county fair and farmers’ markets. They may also speak to local groups or serve on advisory committees. They offer a “mini college” educational event annually.

Trainings to certified volunteers are offered annually. To become a trained volunteer, contact county coordinators.

Coos County Master Gardeners 541-572-5263 ext 25299
https://extension.oregonstate.edu/mg/coos
samantha.clayburn@oregonstate.edu

Plant Clinic 541-572-5263 ext 25295
Mon & Thu 9 - 12 Mar through Oct
www.facebook.com/CoosCountyMasterGardeners/

Curry County Master Gardeners 541-247-6672
https://extension.oregonstate.edu/mg/curry

Plant Clinic 1-800-356-3986 or 541-247-6672
https://www.facebook.com/OSUExtCurryMG/
COOKING CLASSES

Coos County

Community Cooking with the Co-Op starring Jamar Coos Head Food Co-Op 541-756-7264

Coos Head Food Co-op hosts a virtual cook-along every 4th Thursday of the month at 5:30 pm. The food demonstration showcases recipes using organic shelf staples and local produce. Coos Head’s goal is to engage the community in the midst of a quarantine by inviting community members into their kitchen to prepare simple, delicious meals with them.

Go to the Coos Head Co-op website and click on the “Community Cooking with the Co-op" button to go to the upcoming cooking class.
https://coosheadfood.coop/

You can also watch Jamar’s videos on YouTube https://youtube.com/playlist?list=PLorPMLjvz6WCu7o1V5BFnoGrx7Jom6RbD

Coos Bay Seventh-day Adventist Church 541-756-7413
2175 Newmark Ave, Coos Bay, OR 97420
Cooking classes and tastings are offered every other month. New dates are pending, classes will resume post COVID.

Contact: Jennifer Gumm 541-999-6000
coosbaysdachurch@gmail.com
https://coosbayor.adventistchurch.org
www.facebook.com/livinggodslove
NUTRITION EDUCATION

Natural Grocers 541-266-9473
562 N Broadway, Coos Bay
Nutritional Education Classes Wed @ 6pm MT
www.naturalgrocers.com
https://www.naturalgrocers.com/virtual-classes-gp

Wildflour Café & Catering 541-808-3633
1989 Sherman Av, North Bend, OR 97459
John & Tara Moore, owners

In-person cooking classes may resume post COVID
Virtual cooking demos on YouTube
https://m.youtube.com/channel/C5ggzIZDxUq8d77Gtl5cM8A/featured

Contact: Wildflour_catering@yahoo.com
www.facebook.com/Wildflour.catering.moore

Curry County

Curry County Extension 541-247-6672
Office manager sheryl.mcdonald@oregonstate.edu

allison.harris@oregonstate.edu 541-572-5263 ext 25285

Food demos and tastings for youth in schools through SNAP-Ed program.

stephanie.polizzi@oregonstate.edu 541-572-5263 ext 25291

Nutrition education and cooking classes in disease prevention, management and reversal using whole food.
NUTRITION EDUCATION

CANCER CLASSES
Bay Area Hospital
Sam Ghattas 541-297-8358

- Cancer Survivors: Every Monday from 9:30 - 11:30 am
- Breast Cancer: The 2nd and 4th Friday of each month from 1 - 2:00 pm

Both groups meet at the South Coast Hospice Bereavement and Education Center, 1620 Thompson Rd, Coos Bay.

DIABETES CLASSES

Advanced Health, CCO 541-269-7400
www.advancedhealth.com
Diabetic case management Advanced Health members, call for details

Bay Area Hospital (BAH) 541-269-8111
www.bayareahospital.org
One-on-one telehealth and phone call appointments

Registered Dietitians 541-269-8349
In-depth counseling for high-risk patients, meal-planning

BAH Certified Diabetes Educator
Assist with disease management, medications and monitoring
Rita Hoover, RN, CDE 541-266-7928
rita.hoover@bayareahospital.org

Support groups meet at the Community Health Education Center, 3950 Sherman Ave, North Bend
Bay Clinic
Sarah Cornelison, CCMA, CCHW     541-269-0333 ext 345
Diabetes Prevention Program via telehealth

Coquille Diabetes Support Group     541-347-8283
Contact: Robin Summers, RN, CDE
Meets 2nd Tue from 2 to 3, Coquille Christian Community
Church

Curry Health Network     541-247-3173
www.Curryhealthnetwork.com
Jane Doroff, RD, LD & Tamara Johnson, Med, RD, LD, CDE
Registered licensed dietitians provide Medical Nutrition
Therapy and diabetes prevention programs in Gold Beach and
Brookings

North Bend Medical Center     541-267-5151 ext 1682
Care Management one-on-one
Diabetes classes
Geanna.Berrier@nbmchealth.com

Southern Coos Hospital
Robin Summers, RN, CDE     541-347-8283

Mastering Diabetes an online health coaching program that
helps people with all forms of diabetes transition to a plant-
based diet. 100% guaranteed to promote weight loss and
reduced A1c (or your money back)
Michelle King Davis, BA, CHC, CPT
michelle@notdiets.com     541-217-4222
www.masteringdiabetes.org/apply
HEALTHY BYTES INITIATIVE (HBI)

The Healthy Bytes Initiative is a nutrition marketing campaign designed to give community organizations, businesses and individuals free or low-cost nutrition resources to help increase intake of fruits, vegetables and other plant foods.

The project highlights one healthy food per month through several different medias:

- 11 x 17 color posters
- Table tents for restaurants, cafés, break rooms, lobbies
- 1-pg article for use in newsletters or e-blasts
- 6-8 PowerPoint slides for use in waiting rooms and lobbies

Content for these messages is developed by a Registered Dietitian Nutritionist with Oregon State University Extension Service, Family & Community Health.

Some foods are also accompanied by Food Hero handouts. www.FoodHero.org

Health Benefits of Arugula

Also known as “Rocket,” this leafy vegetable is tender and tangy. It is a member of the cruciferous family (broccoli, cabbage, kale and Brussels sprouts) known for its high nutrient content.

1 cup raw arugula provides:
- 5 Calories, 0.6 gm protein, 0.4 gm fiber, 0.2 gm fat, no cholesterol

Potential benefits of consuming arugula:
- Contains antioxidants beta-carotene, vitamin C and vitamin K which fight inflammation, aging and disease
- Good source of calcium and vitamin K, which work together to build bone, reducing the risk of bone fracture
- Contains sulphur substances like sulforaphane, found to slow progression of cancer cell growth
- High potassium helps to control blood pressure and magnesium is important for maintaining heart rhythm
- Add to salads, sandwiches, dips, pesto, soups or side dishes
All HBI materials are free to view or download on the website www.advancedhealth.com/healthy-bytes-initiative.

To receive a monthly email with electronic materials attached, please register with shena.holliday@advancedhealth.com.

Those who require printed materials can order from OSU Extension, Coos County by calling 541-572-5263 ext 25292 or by emailing shawna.horner@oregonstate.edu or stephanie.polizzi@oregonstate.edu.

Printing fees contracts are set up for 6-months or 1-year.

All printed materials are in full color.

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Besides SNAP-Education and the Master Gardener Program, Extension offers education in nutrition for healthy eating, disease prevention and safe food preservation.

Although this booklet is focused on Coos and Curry counties, there is an Extension office in every county in the country. Check your local listing.

NUTRITION FOR DISEASE PREVENTION & REVERSAL

Registered Dietitian Nutritionist, certified in Lifestyle Medicine, presents classes and webinars using whole food, Plant-Based nutrition to prevent and treat chronic disease.

Archived videos with corresponding handouts can be found at: https://extension.oregonstate.edu/coos/healthy-families-communities

Contact: stephanie.polizzi@oregonstate.edu
OSU MASTER FOOD PRESERVERS

OSU Master Food Preservers are OSU-certified volunteers trained to teach workshops for the safe preservation of food. Techniques, including canning, drying, fermenting and pickling. [https://extension.oregonstate.edu/mfp/master-food-preserve-program](https://extension.oregonstate.edu/mfp/master-food-preserve-program)

Trainings to certified volunteers are offered bi-annually. To become a trained volunteer, contact the MFP coordinator [samantha.clayburn@oregonstate.edu](mailto:samantha.clayburn@oregonstate.edu).

Coos County Master Food Preservers 541-572-5263 Ext 25299 [https://extension.oregonstate.edu/coos/coos-county-master-food-preservers](https://extension.oregonstate.edu/coos/coos-county-master-food-preservers)

Contact: [samantha.clayburn@oregonstate.edu](mailto:samantha.clayburn@oregonstate.edu)

Coos County Master Food Preservers answer food preservation questions and instruct using research-based methods. They hold monthly workshops including pressure canning, boiling water canning, dehydration, freezing, smoking meats and pickling. Gauge testing done by appointment.

[www.facebook.com/CoosCountyMasterFoodPreservers](http://www.facebook.com/CoosCountyMasterFoodPreservers)

Curry County Master Food Preservers 541-247-6672

Contact: [Margie.House@oregonstate.edu](mailto:Margie.House@oregonstate.edu)

Curry County MFP are available to answer food preservation questions, provide written resources and perform gauge testing by appointment.

[www.facebook.com/CurryCountyMasterFoodPreservers](http://www.facebook.com/CurryCountyMasterFoodPreservers)
American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer. By Barbara Grant, MS, RD, CSO, Abby Bloch, PhD, RD, Katherine Hamilton, MA, RD, CDN, CS, and Cynthia Thomson, PhD, RD

Beyond Cancer: The Powerful Effect of Plant-Based Eating: How to adopt a plant-based diet to optimize cancer survival and long-term health. By Sally Lipsky

Defeating Diabetes: A no-nonsense approach to type 2 diabetes and the diabesity epidemic. By Brenda Davis, RD and Tom Barnard, MD

Dr Neal Barnard’s Program for Reversing Diabetes: A scientifically proven system for reversing diabetes without drugs. By Neal Barnard, MD with recipes by Brianna Clark Grogan

Eat Plants Feel Whole: Harness the healing power of plants and transform your health. By George E Guthrie, MD, MPH, CDE with recipes by Chef Edwin Cabrera, Heather Leno, Neva & Jim Brackett and JoAnn Rachor

How Not to Die: Discover the foods scientifically proven to prevent and reverse disease. By Michael Greger, MD with Gene Stone

Prevent and Reverse Heart Disease: A revolutionary, scientifically proven nutrition-based cure. By Caldwell Esselstyn, Jr, MD

Reversing Disease with Fork & Knife. By Hans Diehl, DrHSc, MPH, FACN, CNS
Stop Cancer with Phytotherapy: With 100+ anti-cancer recipes. By Benjamin Lau, MD, PhD and Ester Lau, MS, RD

The Blue Zones: 9 lessons for living longer from the people who’ve lived the longest. By Dan Buettner

The China Study: Startling implications for diet, weight loss and long-term health. By T Colin Campbell, PhD and Thomas M Campbell II, MD

The Complete Idiot's Guide to Plant-Based Nutrition. By Julieanna Hever, MS, RD, CPT

The Inflammation Cure: Simple steps for reversing heart disease, arthritis, diabetes, asthma, Alzheimer’s Disease, osteoporosis, other diseases of aging. By William Joel Meggs, MD, PhD withy Carol Svec

Undo It: How simple lifestyle changes can reverse most chronic diseases. By Dean Ornish, MD and Anne Ornish

FOR KIDS

Forks Over Knives Family: Every parent’s guide to raising healthy, happy kids on a whole-food, plant-based diet. By Alona Pulde, MD, Mathew Lederman, MD, Marah Stets and Brian Wendel with recipes by Darshana Thacker

Herb, The Vegetarian Dragon. By Julie Bass and Debbie Harter

Steven the Vegan. By Dan Bodenstein

The Smart Girl’s Guide to Going Vegetarian. By Rachel Meltzer Warren, MS, RD
COOKBOOKS

Beyond Healthy Recipes. By Michelle King-Davis
https://notdiets.com/product/beyond-healthy-recipes/

Forks Over Knives The Cookbook. By Del Sroufe with contributions by Julieanna Hever, Judy Micklewright and Darshana Thacker

From Plant to Plate and From Plant to Plate, Diabetes Edition. By Tami Bivens

Healthy Eating for Life to Prevent and Treat Cancer. Physicians Committee for Responsible Medicine with Vesanto Melina, MS, RD

How Not To Die Cookbook. By Michael Greger, MD, FACLM and Gene Stone and recipes by Robin Robertson

Nourish: The Cancer Care Cookbook. By Penny Brohn Cancer Care with Christine Bailey

Oh She Glows Everyday: Quick and simply satisfying plant-based recipes. By Angela Liddon

Plant Pure Nation Cookbook: Over 150 plant-based recipes. By Kim Campbell

Power Plates: 100 nutritionally balanced, one-dish vegan meals. By Gena Hamshaw

The Essential Cancer Treatment Nutrition Guide and Cookbook. Includes 150 healthy & delicious recipes. By Jean LaMantia, RD and Neil Berinstein, MD

Vegan Richa’s Indian Kitchen. Traditional and creative recipes for the home cook. By Richa Hingle
FOR KIDS

Healthy Little Tummies: Plant-based food for the whole family. Delicious and easy to make recipes. By Claire Power


My First Vegan Cookbook. Plant based meals made by kids. By Stine Sidnser Garside


Plant, Cook, Eat! A Children’s Cookbook. Garden to kitchen cookbook. By Joe Archer

The Forest Feast for Kids. Colorful Vegetarian Recipes that are Simple to make. Kid friendly vegetarian recipes that are quick, easy and fun to make. By Erin Gleeson

The Help Yourself Cookbook for Kids. 60 Easy plant-based recipes kids can make to stay healthy and save the earth. By Ruby Roth

The Teen’s Vegetarian Cookbook. Easy recipes for snacks, college cooking and even an entire meal. By Judy Krizmanic

The Vegan Teen Cookbook. Easy vegan meals from what’s already in your kitchen. By Cathy Hutchison

Vegetarian Cookbook for Teens. 100 fun recipes to cook like a pro. By Sarah Baker
EDUCATION FOR CONSUMERS

**CHIP** Complete Health Improvement Program
Lifestyle Medicine classes to arrest chronic disease
https://chiphealth.com/

**Culinary Rx** Online cooking classes
https://plantrician.rouxbe.com/

**Food as Medicine Institute**
Cooking classes, educator trainings, symposiums
https://foodasmedicineinstitute.com/

**Forks Over Knives** online guide to plant-based cooking
www.forksoverknives.com/wellness/forks-over-knives-to-offer-online-course-in-whole-food-plant-based-cooking/

**Institute of Lifestyle Medicine**

OSU Master Food Preserver and Master Gardner volunteer trainings see contacts on pg 17

**Plant-based Nutrition eCornell Certificate Program**
www.ecornell.com/certificates/nutrition/plant-based-nutrition

**PCRM Food for life** classes

**Rouxbe** online cooking classes
https://rouxbe.com/cooking-school
CMEs FOR HEALTH PROFESSIONALS

American Board of Physician Specialist
https://www.abpsus.org/power-food-medicine

American College of Lifestyle Medicine
www.lifestylemedicine.org

Culinary Medicine Goldring Center for Culinary Medicine
www.healthmeetsfood.com

International Journal of Disease Reversal and Prevention
https://ijdrp.org

Nutritional Update for Physicians: Plant Based Diets Kaiser
http://www.thepermanentejournal.org

PCRM Physicians’ Committee for Responsible Medicine
www.nutritioncme.org

Plant-based Diets in Medicine
https://pdbmedicine.org

Plant-based Nutrition eCornell Certificate Program
www.ecornell.com

Plant-based Prevention of Disease (PPOD)
www.preventionofdisease.org

Plant Based World Conference & Expo
www.plantbasedworldexpo.com

The Plantrician Project
https://plantricianproject.org

Rochester Lifestyle Medicine Institute
https://rochesterlifestylemedicine.org
FINDING RELIABLE NUTRITION INFORMATION

Sorting through the vast amount of nutrition information and guidance for reliable, accurate, and evidence-based sources can be a difficult task without taking the proper steps. False information can be harmful to your health, provide false hope, and waste your time and money. Here are some helpful tips from the American Institute of Cancer Research to determine if your source can be trusted.

1) Consider the source
   Organizations like American Cancer Institute and National Cancer Institute are all reliable sources because they use evidence-based research for their recommendations.

2) Look for “red flags”
   Look out for key words like breakthrough, cure all, quick-fix, and guaranteed results as they are often too good to be true. Rigorous scientific research is more reliable than personal success stories as evidence from hundreds of participants is more convincing than a single case.

3) Research the author’s credentials & qualifications
   Look at who is writing the information you are reading. For health advice, it is best to seek out an expert in the field such as a Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN).

4) Check the date on the website & article
   Look to see when the website was last updated, or the date a particular article was written. The most reliable sources are kept up-to-date.
Where to find reputable nutrition information

Not everything we see in print can be trusted. Nutrition information and advice can be manipulated to help companies sell a product or program.

Claims and testimonials are not reliable nutrition sources. Here are some agencies you can trust:

- **The government** uses experts to sift through the research to design best practices. Look for websites that end in .gov
- **University scientists** follow set rules for investigating studies. Results are peer-reviewed for bias and accuracy. Look for websites that end in .edu
- **Professional organizations** provide evidence-based research. One example is the American Heart Association. Look for websites that end in .org
- **Journal articles** are studies that are accepted for publication after rigorous review. The National Institutes of Health is one place to find these articles. Type your topic into the search bar and add the letters “NIH” before you hit enter

**Examples of reputable websites:**

- [Nutrition & Health Research](https://www.centerfornutrition.org) Center for Nutrition
- [USDA](https://www.nutrition.gov)
- [American Heart Association](https://www.heart.org)
As you will note in these website references, a plant-based diet focused on whole, unprocessed plant foods is beneficial for multiple conditions.

Since most US citizens often have more than one chronic condition, it is helpful to note that one diet therapy can positively impact several conditions simultaneously.

**ARTHRTIS**

Forks Over Knives  
https://www.forksoverknives.com/tag/rheumatoid-arthritis/

NutritionFacts.org  
https://nutritionfacts.org/?s=arthritis

Nutrition Interventions in Rheumatoid Arthritis: the potential use of plant-based diets  
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6746966/

NutritionStudies.org  
https://nutritionfacts.org/?s=arthritis

Plant-based Diets and 3 Types of Arthritis: A look at the evidence  
Forks Over Knives  

Physician’s Committee for Responsible Medicine  
https://www.pcrm.org/health-topics/arthritis

Whole-foods, Plant-based diet alleviates the symptoms of osteoarthritis  
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4359818/
WEB LINKS

CANCER

ACS guide to nutrition

ACS guide to cancer survivors
https://www.ebay.com/i/114143520351?chn=ps

AICR Cancer Resource: Living with Cancer
https://store.aicr.org/products/instant-download-cancer-resource

AICR reduce cancer risk with whole grains and dietary fiber infographic

Beyond Cancer
https://www.barnesandnoble.com/w/beyond-cancer-sally-a-lipsky/1127131466?ean=9781988645056

Essential cancer treatment nutrition guide

A Community Guide to Cancer Nutrition Gilda’s Club
https://www.gildasclubtoronto.org/a-community-guide-to-cancer-nutrition
WEB LINKS

DIABETES

American Diabetes Association Plant-based diets
https://nutritionfacts.org/topics/american-diabetes-association/

Forks Over Knives Diabetes

Mastering Diabetes (recipes)
https://www.masteringdiabetes.org/recipe/

NutritionFacts.Org
https://nutritionfacts.org/topics/diabetes/

Physicians Committee for Responsible Medicine
https://www.pcrm.org/health-topics/diabetes

Preparing to Prescribe Plant-Based Diets for Diabetes Prevention and Treatment
https://spectrum.diabetesjournals.org/content/25/1/38

GENERAL DIET AND HEALTH

Aicr.org https://www.aicr.org/

American College of Lifestyle Medicine
https://www.lifestylemedicine.org/Web-Based-Resources

FDA daily nutritional requirements to help you eat right. Lama, SC (2019)
www.livestrong.com/article/440416-fda-daily-nutritional-requirements/
WEB LINKS

FoodHero.org
https://www.foodhero.org/

Here’s what is a plant-based diet is—and what you can and can’t eat on one. Cohen, M. (2020)
www.prevention.com/food-nutrition/healthy-eating/a31077033/what-is-plant-based-diet/

https://nutritionstudies.org/whole-food-plant-based-diet-guide

Plant-Based Eating Humane Society International
https://www.hsi.org/issues/plant-based-eating/

The Plantrician Project
https://plantricianproject.org/

www.health.harvard.edu/staying-healthy/the-right-plant-based-diet-for-you

https://sharonpalmer.com/plant-based-resources/

What is a plant-based diet? Food list, 7-day meal plan, benefits and more. Lawler, M. (2019)
www.everydayhealth.com/diet-nutrition/plant-based-diet-food-list-meal-plan-benefits-more/

www.healthline.com/nutrition/plant-based-diet-guide
HEART DISEASE

Eat More Plants, Fewer Animals Harvard Health
https://www.health.harvard.edu/blog/eat-more-plants-fewer-animals-2018112915198

Heart Disease Reversal Program Cleveland Clinic
https://my.clevelandclinic.org/departments/wellness/integrative/disease-reversal

How does Plant-Forward Eating Benefit Your Health?
American Heart Association

NutritionFacts.org Heart Disease
https://nutritionfacts.org/topics/heart-disease/

Physicians Committee for Responsible Medicine
https://www.pcrm.org/health-topics/heart-disease

The Power of a Plant-based Diet for Heart Disease Mayo Clinic
https://www.mayoclinic.org/power-plant-based-diet-for-heart-health/art-20454743

Vegan & Plant-based Diets and Heart Disease
Cleveland Heart Lab
https://www.clevelandheartlab.com/blog/vegan-plant-based-diets-heart-disease/

Undo it Ornish Lifestyle Medicine
https://www.ornish.com/undo-it/
WEB LINKS

INFLAMMATION


Do Vegan or Vegetarian Diets Help Reduce Arthritis Inflammation? Arthritis foundation www.arthritis.org/health-wellness/healthy-living/nutrition/anti-inflammatory/vegetarian-diet-arthritis

Foods that Fight Inflammation Harvard Medical School www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation

Inflammation 101 Forks Over Knives https://www.forksoverknives.com/wellness/inflammation-101/

NutritionFacts.org Inflammation https://nutritionfacts.org/topics/inflammation/
CERTIFIED HEALTH COACHES

A Certified Health Coach is a supportive mentor who helps clients feel their best through diet and lifestyle changes and personalized, one-on-one encouragement.

Certified Health Coaches are trained to use evidence-based skillful conversation, clinical interventions, and strategies to actively and safely engage clients in health behavior change. Health coaches are certified or credentialed to safely guide clients who may have chronic conditions or those at moderate to high risk for chronic conditions.

For some health conditions, health coaching may be covered by your insurance. Otherwise, fees for coaching services are out of pocket and may vary between coaches.
COACHING SERVICES

Health coaching can be conducted online or face-to-face, individually or in groups. Most coaching services are grouped into packages, since multiple sessions are considered the optimal approach. More difficult lifestyle changes may require longer commitments in order to see permanent adoption of new habits and behavioral patterns.

Costs for these packages can vary depending on the coach, since each health coach is an entrepreneur, creating his/her own business plans and having individual career paths. Some health coaches may also have careers in nursing, nutrition, fitness or healthcare management. Others may have pursued a career in health coaching because they have overcome a personal health challenge and have the experience to help others do the same.

Your healthcare provider will determine your health risks and suggest lifestyle modifications needed to reduce that risk. In most cases, you are left on your own to make those changes. A Certified Health Coach is trained to help you determine how to make these changes and assist you in reaching your health goals.

Choosing a health coach is a personal decision but may depend on whether or not his/her services are reimbursable through your insurance provider, or paid out of pocket.
REIMBURSEMENT FOR HEALTH COACHING

Effective Jan 1, 2020, the American Medical Association (AMA) has approved reimbursement for health coaching that includes Category III CPT codes (Current Procedural Technology). These codes give providers and other healthcare staff a uniform language for medical services and procedures.

Category III CPT codes can be referred to coaching under the category “Health and Well Being Coaching.” These codes are considered temporary since they were intended to support “emerging technology.” Although temporary, they could potentially be updated to Category I, a process that is currently being pursued by the national certification agencies.

Category III CPT codes include:

- 0591T Health and Well-Being Coaching face-to-face, individual, initial assessment
- 0592T individual, follow-up session, at least 30 minutes
- 0593T group (2 or more individuals), at least 30 minutes

In order to submit health coaching sessions for medical reimbursement, the coach must be certified through one of 2 professional organizations: NBHWC (National Board for Health and Wellness Coaching) or NCHEC (National Commission for Health Education Credentialing).

Medical reimbursement for Health and Well Being Coaching services is currently optional. Be sure to check with your insurance provider to determine if coaching services are covered for your condition.
HEALTH COACHES

PRACTICING LOCAL COACHES

Kirsten Aasen, MS, CHC, CPT 503-250-0873
Certified Health Coach, Dr Sears Wellness Institute
Sports Coaching & Education, University of Auckland, NZ
Certified Personal Trainer, Nat Academy of Sports Medicine
kirsten.aasen@gmail.com

Rosa Atencio, BA, CHWC 541-297-9444
Certified Health & Wellness Coach, Real Balance Global, Inc
Certified Spanish Medical Interpreter. Spanish-speaking with
focus on women and families
nellar74@hotmail.com

Jodi Bouska, CHWC
Certified Health & Wellness Coach, Real Balance Global, Inc
Human resources professional. One-on-one sessions designed
to help you achieve your health and wellness goals using a full
circle approach.
jodi.bouska@gmail.com

Kathy Damas, BA, NBC-HWC 541-708-2164
National Board Certified Health & Wellness Coach
Be Light Health Coaching, LLC
Certified Lifestyle Medicine Coach and National Diabetes
Prevention Program Coach
www.belighthealth.com
Kathy@belighthealth.com
Michelle King-Davis, BA, CHC, CPT
Mastering Diabetes certified health coach and certified personal trainer helping people with all forms of diabetes transition to a plant-based diet. 100% guaranteed to promote weight loss and reduced A1c (or your money back).
www.masteringdiabetes.org/apply
michelle@notdiets.com

Renee' Menkens, RN, MS, CHWC 541-404-1386
Certified Health & Wellness Coach, Real Balance Global, Inc
Registered Nurse for 30 years; Professor for 15 years
Individualized coaching available. Online or in person.
Support, accountability, and encouragement to help you meet your health and wellness goals.
renee.menkens@gmail.com

Stephanie Polizzi, MPH, RDN, CHWC 541-404-7982
Certified Health & Wellness Coach, Real Balance Global, Inc
Registered Dietitian certified in Lifestyle Medicine, with expertise using whole plant foods to prevent and reverse chronic disease.
stephanie.polizzi@oregonstate.edu

Cheryl O'Dell, MSN 541-266-9473
Nutritional Coach | Natural Grocers
Phone and virtual complementary health coaching sessions available Wed and Thu.
nhc.cy@naturalgrocers.com
HEALTH COACHES

Statia Ryder, AS, CHWC  541-373-3591
Certified Health & Wellness Coach, Real Balance Global, Inc
Coaching individuals to self-discovery of their nature and wellness goals using coaching tools to guide the journey.
statia.ryder@gmail.com

Cathy Salyers, MSN, RN, CHWC  541-808-0253
Certified Health & Wellness Coach, Real Balance Global, Inc
Retired Registered Nurse with additional certification in Lifestyle Medicine welcomes the opportunity to coach you through the problem-solving process.
salyers2@aol.com

Johanna Shindler, CHWC  541-347-2529 ext 114
Certified Health & Wellness Coach, Pack Health
Coaching available through Coast Community Health Center
Coaching based on your strengths, values, and goals.
johanss@coastcommunityhealth.org

FINDING AN ONLINE COACH

Coaches can attain their certification from a wide range of organizations and agencies. They can attend in-person or online training programs. When looking for a coach, be certain they have attained certification from an accredited agency.

They should state the training is NBHWC approved (National Board for Health and Wellness Coaching) or ICF Approved (International Coaching Federation). Nationally board certified coaches carry the designation NBC-HWC.
GETTING STARTED

GETTING STARTED ON YOUR NEW EATING PLAN

If you’re new to plant-based eating and want some ideas how to make the transition, here are some reminders that can help. Many of the resources in this booklet are available to assist you in meeting these goals.

- Take free nutrition classes from OSU Extension Family & Community Health, pg 24
- Do some light or heavy reading of books outlining the benefits of a plant-based diet, pgs 26-31
- Review web links about how a plant-based lifestyle can benefit multiple disease states, pg 34-39
- Grow your own vegetables. Ask an OSU Master Gardener volunteer to advise you, pg 17
- Preserve your produce using advice from OSU Master Food Preserver volunteers, pg 25
- Visit a local farmers’ market or become a member of a CSA, pgs 3, 15-16
- Order a plant-based or vegetarian meal at a local restaurant, pgs 13-14
- Watch online cooking demonstrations or sign up to take an online cooking course, 18-19, 30
- Sign up to receive plant-based meal kits, pg 14
- Take the Complete Health Improvement Program course (CHIP) either live online or home study, pg 30
- Enlist the help of a local certified health and wellness coach, pgs 40-45
There are also online programs that can “Kickstart” your success. Although there are many from which to choose, here are a few that are highly recommended. These programs are all free.

21-Day Kickstart
www.PCRM.org

21-Day Plant-Based Challenge
www.thebeet.com

International Vegan Association
www.internationalvegan.org

Kaiser Permanente
Www.healthy.kaiserpermanente.org

Old Ways
Www.oldwayspt.org

PETA
www.peta.org/living/food/vegan-101-guide-for-new-vegans

Ten Weeks to Vegan
https://veganoutreach.org/10wimpact
https://veganoutreach.org/10-weeks-to-vegan/

The McDougall Program and McDougall Quick Start
www.drmcdougall.com

The Vegan Society
www.vegansociety.com

Vegan Society of Hawaii
www.vsh.org

Forks Over Knives Meal Planner
www.forksoverknives.com

Forks Over Knives Meal Planner
www.forksoverknives.com