

# craving more?

## À LA CARTE OFFERINGS

We have the best time turning people on to food and cooking. Here are some ideas that might please your community and even draw others to it:

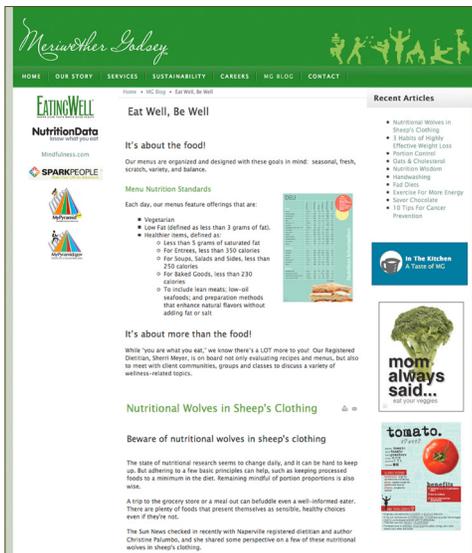
- Hands-on evening programs for adults
- After school cooking classes for kids
- Guest Chef show and tell



# visit our web

WWW.MERIG.COM

We have devoted an entire section to this very topic on our website. Here we feature wellness articles from our RD, links to favorite sites and additional resources.



# today, have you?

## CHECK YOUR WELLNESS

|   | yes                      | not yet                  |
|---|--------------------------|--------------------------|
| Had Breakfast?  | <input type="checkbox"/> | <input type="checkbox"/> |
| Had 2 servings of fruit and planned for a 3 <sup>rd</sup> ? | <input type="checkbox"/> | <input type="checkbox"/> |
| Had 8 glasses of water?                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| Colored your plate at least once with veggies?              | <input type="checkbox"/> | <input type="checkbox"/> |
| Thought about how to get your calcium?                      | <input type="checkbox"/> | <input type="checkbox"/> |
| Chosen a white meat over a red meat?                        | <input type="checkbox"/> | <input type="checkbox"/> |
| Done something vigorous for 30 minutes or more?             | <input type="checkbox"/> | <input type="checkbox"/> |

For all the “no’s”...it’s not too late!

## contact us

Meriwether Godsey  
 Corporate Office  
 4944 Old Boonsboro Road  
 Lynchburg, Virginia 24503  
 434.384.3663  
 www.merig.com



*nutrition · lifestyle · awareness*

eat well. be well.  
 MG WELLNESS PROGRAMS



# our philosophy



EACH DAY, AN OPPORTUNITY

## Need help with “healthy”?

Many products and foods try to incorporate the word “healthy.” Why? Because most humans *want to be healthy*. This is a good thing, but many also want it to involve short-cuts. For this reason we are bombarded by ads saying we can get in shape in 5 minutes and lose gobs of weight by taking a pill. We know it’s not that simple.

## We’re on the job

In the world of food, we see each day as an opportunity: to serve, to nurture, and to educate (among many other things). Nutrition awareness has been a priority of ours since our start in 1985. We are a resource – from what we menu each day, to our messaging and our extra programs. Among our team, we have our Corporate Registered Dietitian and talented Chefs who are our traveling road-show and their mission is to promote wellness: nutrition, exercise, self-image, and many other topics in our ever growing collection.



# wellness buffet



PROGRAMS AND MATERIALS

## Made to Order

We love taking requests. In fact, topics that arise from within a community have an immediately engaged audience. And, new topics give us a chance to grow our library.

## Favorites

These programs have been offered to groups of varying ages with content and style adjusted accordingly:

### *What’s on your plate?*

Using 3 sample plates of food (same items, portioned differently) this workshop covers nutrition tips, how gender and exercise affect metabolism and common nutrition myths

### *Be the Difference: Healthy Eating, Vegetarianism and Organics 101*

Making choices that benefit both us and the planet

### *Balance*

Removing judgement from food and instead focusing on moderation, choices and lifestyle

### *Eating to Live*

General nutrition, gender differences, guides for eating out, and food as fuel

### *Nutrition 101*

Primer on the science of nutrition and exercise

### *Sports Nutrition*

“Food as Fuel”: food and hydration, vitamins and minerals, supplements and recovery

### *Owning a Healthy Body*

Body image, dangers of extreme diets, importance of healthy eating and exercise

# the bod squad



OUR WELLNESS TEAM

While “you are what you eat,” we know there’s a LOT more to you! We have a team of experts on board not only evaluating recipes and menus, but available to meet with client communities, groups and classes to discuss a variety of wellness-related topics.

## Sherri Meyer RD, MS

CORPORATE DIETITIAN

Sherri has her Masters in Clinical Dietetics and Nutrition. During her career she has taught childhood nutrition and served as wellness dietitian; pediatric nutritionist and oncology dietitian. Sherri is passionate about her work with young people, parents and those that work in school environments.



## Cate Smith, CDM

EXECUTIVE CHEF/DIRECTOR

Since its opening, Cate has served as Executive Chef & Director of Dining for Duke Integrative Medicine. Cate’s work has included teaching Mindful Eating Classes and cooking classes on a range of topics. Cate’s years as a restaurant Chef means she is as adept at customizing her classes as she is with food.

