

Experiential Activities with the RD



Remember how much fun field trips were in school? You can take mini-field trips with your RD to gain skills for dining out, grocery shopping, and more!



Meeting with your RD to discuss your nutritional plan is vital. But did you know there are other activities you can do together? Here is a sampling of the hands-on activities that you and your RD can do. Each one is tailored to your specific needs.

Let's Dine Out Together

Your RD can accompany you to a restaurant so you can try foods and learn more about them on the spot. Here are some of the places you might visit.

International Cuisine

Mexican
 Italian
 Thai
 Chinese
 Indian

Fast Food

Subway
 Taco Bell
 Burger King
 Wendy's
 Quiznos

Bar and Grill options
 Pizza



Let's Have Dessert Together

Maggie Moo's Ice Cream
 Café Intermezzo (gelato, sorbet)

Old Mill Steakhouse (pies, cakes)
 Brewster's

Let's Shop for New Foods and Do a Taste Test

Whole Foods Fresh Market Kroger Publix Farmer's Market

Let's Have a Snack or Meal in the Office

You can bring a snack or meal to the office (or the RD can provide it), where you can try something new in a safe and private place.

We will work on eating slowly and mindfully together!