

HUSK Nutrition

HUSK Nutrition, part of HUSK Wellness, specializes in custom nutrition and corporate health services. Their dedicated team of VIP well-being consultants, events specialists, and registered dietitians provide thorough support, quality participant experience, and evidence-based solutions to promote positive health outcomes.

Serving clients in Connecticut, Massachusetts, New Jersey, New York, Pennsylvania, Texas, and Virginia onsite and nationally through virtual capabilities.

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Program/Service Name	Description	Onsite only, Virtual only, or Both?
Be Nourished		
Charge in the Kitchen - Cooking Demos	Registered Dietitian curated recipes, ingredients and directions with nutrition education during.	Both
Ahi Tuna Poke Bowl		
Apple Muffins		
Autumn Glow Salad		
Avocado Salad Wraps		
Baked Blueberry Oatmeal		
Broccoli Crunch Salad		
Burrito Bowl		
Butternut Squash Risotto		
Cashew Crunch Salad		
Cauliflower Fried Rice		
Chicken Enchiladas		
Chicken Tacos		

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Chickpea Quinoa Bowls		
Chickpea Salad Sandwich		
Curry in a Hurry		
Dark Chocolate Pomegranate Bites		
Falafel Gyros		
Fudgy Black Bean Brownies		
Grilled Shrimp and Peach Salad		
Harvest Chicken Skillet with Sweet Potatoes and Brussel Sprouts		
Healthy Oat Bars		
Honey Lime Rainbow Fruit Salad		
Hummus Salmon & Arugula Salad		
Kale Yeah Salad		
Meatless Dinner		
Mug Cakes		
Peanut Noodles		
Pomegranate Salsa		
Pumpkin Chili		
Red Pepper Pasta		
Ricotta Cranberry Bites		
Sausage, Kale, White Bean Soup		
Summer Rolls with Peanut Sauce		
Summer Vegetable Pasta		
Veggie Pesto Pasta		
Be Energized		

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Don't Wait, Hydrate!	A presentation on the role of fluid in the body, it's effects of dehydration, and how to tell whether or not you are hydrated. The hydration presentation provides a guideline on the best and worst sources of hydration.	Both
Energy and Nutrition	Registered Dietitian evidence-based nutrition seminar based on energy and one's nutrition. Participants will learn how the food they consume increased or reduces energy.	Both
Fueling Station	Station set up by Registered Dietitian. Employees can stop by and enjoy healthy snacks, hydration, and protein recipes and tastings. Make your own trail mix, create energy snacks, and try one of our infused waters. Our Registered Dietitian will discuss healthy tips for trail mix, creating balanced snacks, and the effects of hydration.	Onsite only
Healthy on the Go	Learn healthy tips and discover ways to stay on track during the busy work week and while you're on the go!	Both
Mindfulness and Nutrition	Registered Dietitian evidence-based nutrition seminar based on mindfulness and nutrition. Intuitive eating and learning how food affects ones mindfulness is extremely important.	Both

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Nutrition for Optimal Sports Performance	If you are an athlete, have kids who are athletes or simply love to get a good sweat session in at the gym, this sports nutrition presentation will benefit you! You will learn about proper timing of nutrition, pre and post workout nutrition, hydration, macronutrient needs based on your goals as well as a brief review of some popular supplements. If you don't know what macronutrients are, one thing is for sure, you will by the end of this presentation!	Both
Sleep and Nutrition	Registered Dietitian evidence-based nutrition seminar based on sleep and nutrition. Participants learn how the food they eat and when they eat affects their sleeping habits.	Both
Be Empowered		
Cooking For One	Participants will learn about four different approaches to preparing appropriately portioned, healthy meals for one that meet their lifestyle, budget, and variety preferences! We'll also cover tangible grocery shopping tips, budget swaps, and 12 tasty recipes to try out this week!	Both

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Creating a Balanced Meal	With all of the various diet information out there, it can be hard to determine what we should and should not include at each meal. This presentation will review what goes into building a healthy and balanced meal so that you can be confident in making nutritious and satisfying meal choices without any of the complicated rules that fad diets come with.	Both
Dining out vs Dining In	Pros and cons of dining out versus dining in, how to navigate menus when dining out, and how to build healthy meals at home. You will be provided with tips and tricks on how to find a happy medium between dining out and dining in while not giving up on your nutrition related goals!	Both
Follow Your Gut	Discover how to support your gut health through diet and learn exciting new research about the power of our digestive tract!	Both
Garden to Table Series	Garden to Table is a three-part beginner's guide to growing your own food and enjoying it! In Part one we discuss the benefits, from mental, physical and emotional, to growing your own food and then dive into everything you need to know to get started. In part two we'll focus on what to grow, when to grow it, seasonality and harvesting! Part three will be a cooking demo where we make some simple but delicious recipes that feature easy to grow veggies and herbs!	Both

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Healthy Aging	An engaging workshop on the importance of healthy aging, highlighting ways to lower your risk for diabetes, heart disease, high cholesterol, osteoporosis and inflammation.	Both
Heart Smart	Learn lifestyle choices that may help lower risk for heart disease, as well as simple tricks for selecting heart healthy meals at home and on-the-go.	Both
How-to For a Healthy Holiday	The holidays should be filled with fun, good food, family, friends, and indulgences! However, those indulgences do not have to ruin your wellness goals. Let the CHARGE team walk you through suggestions, tips, and swaps to make your holiday a bit healthier and align with health goals	Both
Immune Series	The immune system has a vital role: It protects your body from harmful substances and germs. Learn how to boost your immune system by eating the right anti-inflammatory foods and other health tips by our nutrition experts. In part 1, we'll discuss all things immune health. In part 2, we focus on building your gut for immunity. In part 3, we'll focus on the impact that stress and exercise can have on your immune system.	Both
Inflammation Nation	This seminar will provide you with the tips tricks and tools needed to help you reduce your inflammation and boost your antioxidants!	Both

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Managing your Chronic Condition - DM, CVD, CKD and more.	Registered Dietitian evidence-based nutrition seminar to talk about chronic conditions including but not limited to diabetes mellitus, cardiovascular disease, chronic kidney disease.	Both
Master the Food Label	Meeting your health and wellness goals can be challenging and staying on track with your nutrition is hard! Understanding how to read a food label can be one of the most powerful tools to learn. Let CHARGE walk you through tips and tricks to reading a food label and what to look out for.	Both
Mental Health	Registered Dietitian evidence based mental health seminar to talk about common issues than can affect mental health like stress and burnout. Learn strategies to improve mental health and how certain lifestyle factors can affect mental health.	Virtual only
Nutrition Series	Four or eight week Registered Dietitian led nutrition program covering a new nutrition topic each week. Topics like balancing meals, weight care, healthy eating on the go, and many more. Earn points by attending the seminars and completing weekly goals to earn prizes along the way.	Both

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Swap the Sugar	Learn how to decode the information and misinformation about sugar in the diet and what beneficial foods can be swapped in its place. This program lays out the real facts about sugar and how to navigate through all of the sugar “buzz” in our daily lives.	Both
Understanding your biometrics screen results.	Registered Dietitian evidence-based nutrition seminar for participants to learn about BMI, height, weight and waist circumference and how it effects their health.	Both
Value-Added/Turnkey Services		
TableTop - Snacks, handouts, sign up for meeting with a CHARGE RD!	The Charge Group will provide information during wellness fair about nutrition, meeting with an RD and have the ability to sign up for a meeting.	Both
Activity - Nutrition questions to win a prize	Participants will be able to play a game regarding nutrition facts to win prizes!	Both
Charge Live	Provide a curated 3-4 hour health fair with vendors of different wellness categories for employees to engage with. Prizes are raffled off for attendees. TT: Snacks, handouts, vouchers from vendors, signing up with a CHARGE RD. A: Breakout sessions from various vendors conducted during the health fair.	Onsite only

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Virtual Wellbeing Week	Provide a week-long virtual curated health fair with pre-recorded videos from vendors of different wellness categories. Prizes are raffled off for those that submit trivia question answers. TT: none. A: Pre-recorded videos for employees to follow along with and a daily trivia question for a raffle prize	Virtual only
Smoothie Station	Station set up by Registered Dietitian to walk away with smoothie samples, recipes and tips and tricks for smoothies at home.	Onsite only

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