



Do you want to learn
how to cook and help
your child manage their
Type 1 Diabetes?

 **D**  **ICE**

Diabetes-Inspired Culinary Education Children's Cooking Class!

To participate in the DICE Program, your family must:

- Have an 8-14 year old child/teen diagnosed with type 1 diabetes
 - The child must have had at least 1 hemoglobin A1c $\geq 7.0\%$ in the past year





Diabetes-Inspired Culinary Education Free Children's Cooking Class!

A 10-week educational research program for youth with type 1 diabetes and their families is being offered this Spring (March - May 2024) and Summer (June - August, 2024)!

Time & Location: Weekly cooking classes from 6-7:30PM at a new teaching kitchen at Case Western Reserve University (2210 Circle Dr. Cleveland, OH 44106)



As participants in this study, you and your child with type 1 diabetes will be asked to attend all 10 cooking lessons during the Spring or Summer session and complete surveys, questionnaires, and body measurements at 3 timepoints between February - September 2024.

Families can bring up to 3 additional family members to the 10 DICE cooking classes!

Your family will enjoy a free family dinner each lesson!

If you are interested in joining this study or learning more, please contact the DICE team by email (dice@case.edu) or telephone (440-941-3504). We encourage you to register soon because registration ends Dec. 15th, 2023!

