

Spanish language class earns award for promoting health

By Peggy Linton, Special to My Life

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The M.R. Dye Branch Library's Spanish Language Family Nutrition class was honored as advocate for healthy lifestyles in DeSoto County by the Community Health Council.

As part of an ongoing program, class participants are offered the Expanded Food and Nutrition Education program by the University of Tennessee Extension Service. The first workshop is conducted in Spanish and another in English will be offered at a later date.

"We are thrilled to have the efforts of our group recognized with the January 2011 Health Champion Award," stated Carson Culver, program coordinator.

U.T. nutrition educator Carmen Martinez facilitates an eight-week workshop including cooking classes and family exercise workouts. Field trips to restaurants and grocery stores will teach label/ingredient reading and healthy eating choices.

Some of the weekly topics include:

Small Changes Make a Big Difference -- how to make small changes in your diet

Healthy Plate -- correct portion sizes

Go Lean on Protein -- good and bad fats

Plan, Shop and Save -- meal planning helps save money

Re-Think Your Drink -- how to cut out added sugars

Make a Change -- making healthy choices everywhere you go

The program is limited to 20 families and currently the library has a full house of parents and their children.

The DeSoto County Community Health Council is a component of the Community Foundation of Northwest Mississippi's 'Get A Life!' initiative to prevent childhood obesity.

To learn more about this initiative or the Community Foundation, go to cfnm.org or call (662) 449-5002

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