

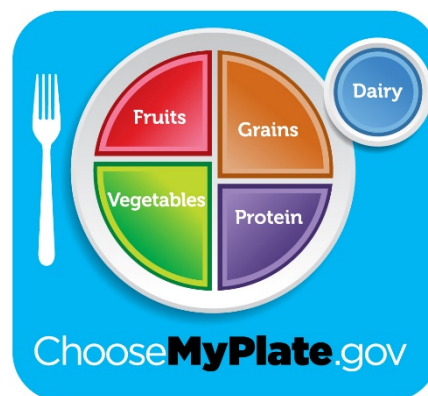


KALKASKA SENIORS ATTEND LEARNING KITCHEN

Kalkaska, MI, March 16, 2018– District Health Department #10 recently completed a 6-week Learning Kitchen class for local senior citizens. The Learning Kitchen class is designed to improve food security for families with limited budgets. In a series of six lessons, participants engaged in hands-on cooking and nutrition education activities that focus on balancing and planning healthy meals, stretching food dollars to maximize nutrition, shopping strategies and cooking techniques. Each week a new topic was covered and a healthy recipe was prepared in class.

Healthy eating has been linked to reducing an individual's chances of developing a chronic health disease such as diabetes, heart disease, and cancer. The United States Department of Agriculture (USDA) has daily food consumption recommendations for all Americans which include:

- Choose whole fruits
- Vary your veggies
- Make half your plate whole grain
- Move to low fat or fat free dairy
- Vary your protein routine
- Eat and drink the right amount for you



More information about these suggestions and other food intake guidelines can be found at <http://choosemyplate.gov>.

The Michigan Health Endowment fund along with the District Health Department #10 are both invested in providing health education to individuals in the communities that they serve.

To learn more about the program contact Laura Dyszlewski at (231)258-8669 Ext. 8627 or via email at ldyszlewski@dhd10.org. For more information about District Health Department #10, please visit DHD10.org.

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