

Yates Dial-A-Ride Employees “Tasting” Health this Summer

Baldwin, MI, July 12, 2018 | Yates Dial-A-Ride is partnering up with District Health Department #10 this Summer to provide some healthy “tastings” to employees. For 6 weeks, Yates Dial-A-Ride employees will be treated to healthy new recipes from a health educator at the health department.

“Often times, we are fearful to try things on our own, so having the opportunity to sample healthy recipes offers great exposure to new recipes and ideas for eating healthy,” says Sally Mellema, District Health Department #10 health educator. All recipes provided to employees during this program are simple to make and use common food items from the grocery store. Employees will also receive some physical activity “tastings” during this summer program, including learning some healthy stretch moves they can do right at work on their breaks, in the office, or on the bus.

Being healthy is important for all, but for Yates Dial-A-Ride employees, it also provides support for another health goal of some employees. According to Tina White, Yates Dial-A-Ride Human Resources coordinator, “Being able to take part in this program has been a wonderful experience for the employees at Yates Dial-A-Ride. Good health is important for personal well-being, but also is a key component in maintaining a commercial driving license. Having health department personnel visit us right at our work site to share recipes, provide tasting samples, and answer questions about healthy eating has made many of us more aware of good food choices. Our staff has been given the opportunity to try certain foods that some have never tried before—like avocados and tofu. We feel very fortunate to have been chosen to take part in this program.”

Here's one of the great recipes sampled by staff:

Healthy Broccoli Salad

2 heads broccoli (6 cups chopped)
1/2 cup raisins
1/2 cup roasted peanuts or sunflower seeds

Dressing Ingredients

1/2 cup non-fat plain yogurt
1/2 cup reduced-fat mayonnaise
1/4 cup sugar
2 tablespoons vinegar

Directions

1. Combine salad ingredients in a large bowl.
2. Combine dressing ingredients and pour over broccoli mixture.
3. Refrigerate until ready to serve.

Recipe provided by Hunger Free Vermont’s Learning Kitchen

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