

Yummy Fun

Every other Friday, the “Yummy Fun” flyers are posted at Impact, proclaiming the details of the free lunch being prepared by the Nutrition and Cooking Class. Jointly sponsored by Impact’s Community Health Initiative and the EARN Center, the class typically involves 15-18 young mothers in preparing and eating a healthy lunch, while learning more about some aspect of nutrition.

Class surveys indicate that the average mom participant is cooking for a family of five with 2.8 children, so educating moms can have quite an impact on a family’s eating habits and health. We thank the Pioneer Salvation Army for hosting the class in its kitchen, and Esperanza Health Center, for sharing the services of their registered dietitian.