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'Mission Nutrition' event on Monday

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Community Health Center

Kevin Bartram | Staff The Community Health Center at 1 Washington Street in New Britain.

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Posted: Thursday, March 3, 2016 8:51 pm

Posted on Mar 3, 2016 by Robert Storace

NEW BRITAIN — The Community Health Center is cosponsoring a three-hour event called "Mission Nutrition" Monday aimed at educating the public about making healthier lifestyle choices.

The nutritional seminar will be held from 2:30 to 5:30 p.m. in the health center's community room at 85 Lafayette St.

"There will be a lot of stations related to calculating body mass index; how to read a nutrition label; how to incorporate physical activity into your daily life; and how to eat well on a budget," said Katie Lainas, a community resource advocate for AmeriCorps, which is housed out of the health center. AmeriCorps is also a sponsor.

Lainas said she hopes upwards of 200 people will attend the free event adding she also wants to make the first-ever Mission Nutrition an annual staple at the health center.

"For so many (CHC) patients, nutrition is the last thing on their radar," Lainas said Thursday. CHC provides medical, dental and behavioral health services to area residents, most of whom are low-income. But, Lainas said, income levels should not dictate what you eat.

"It's a myth that you have to be wealthy to eat healthfully," she said, adding, "It's possible to be on a tight budget and be on SNAP (supplemental nutrition assistance program) and eat well."

There will be a table on SNAP education and how to apply for SNAP.

"We will show you what you can buy healthy for \$16," Lainas said. "Sixteen dollars is the lowest amount you can get from SNAP."

Other highlights, officials said, include a cooking demonstration by CHC dietitian Kara Ellis. Ellis

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will show people the healthy ingredients that go into making a black bean corn and cilantro salad dip.

There will also be a 'healthy snacks' booth which will feature kale chips and fruit smoothies, among others.

"This event will serve as a great resource to educate people on how they can lead a healthier life," said Elizabeth Hitzel, school based health center outreach coordinator for AmeriCorps.

Robert Storage can be reached at 860-801-5202 or at rstorage@newbritainherald.com.

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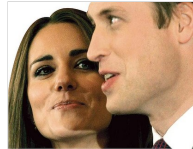
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