

QUARTERLY NEWSLETTER

NORTHWEST MICHIGAN CHRONIC DISEASE
PREVENTION COALITION

LIVEWELL MASON COUNTY FOOD COUNCIL

With the support from the Northwest Michigan Chronic Disease Prevention Coalition (NMCDPC), the LiveWell Mason Food Council will be hosting a Community Garden Open House.

Join us at the Community Garden Day Open House on June 1st from 10am to 12pm. This event will take place at the "You Dig It!" community garden behind the United Methodist Church. Participate in workshops, give-aways, garden tours, and more!

WELCOME!

FOR COALITION UPDATES AND
INFORMATION, PLEASE VISIT:

WWW.LIVEWELL4HEALTH.ORG

SEND NEWSLETTER
SUBMISSIONS TO:
EBARRETT@DHD10.ORG



@LIVEWELL4HEALTH

LIVE  **WELL**



LiveWell Mason County Food Council will also have a table at the AFFEW Earth Day event to promote food-focused efforts in Mason County. Celebrate Earth Day with us on April 13th from 10-5pm at the United Methodist Church.

**To learn more, contact Sarah
McMahon at:
sarah@lakeshorefoodclub.org**

MSU EXTENSION'S DINING WITH DIABETES



"Dining with Diabetes" is a four-part series of courses that focuses on making healthy food choices and cooking balanced meals. Lessons take place in 2 hour increments, which occur either weekly or bi-weekly. These hands-on, evidence-based classes guide participants through cooking demonstrations, taste testings, and diabetes nutrition education. People with diabetes, pre-diabetes, family members and friends are all encouraged to join!

- 86% of participants feel they are more in control of their diabetes
- 94% have reduced their portion sizes
- 76% fit exercise into their daily routine
- 81% cook more often at home



For more information, visit their website at:
https://www.canr.msu.edu/dining_with_diabetes/

Or contact Naomi Hyso at hysonaom@msu.edu

EARLY CHILDHOOD NUTRITION

The next class series will take place in May.

**Tamarac, 1401 W. Main St.
Fremont, MI 49412**

Register for classes as space is limited. Child watch is available.

For information: **231.924.3073**

Give your child a strong start with the right food at the right time. Spectrum Health Gerber Memorial is hosting a free class series designed to give moms-to-be, new moms, parents and caregivers information about the best nutrition for mothers and babies. Lunch/dinner will be served and participants will be given a prepared meal and gift to bring home.

Learn about:

- Nutrition During Pregnancy
- Nutrition for Nursing Moms
- Important Nutrients for Your Baby
- Breastfeeding and Bottle Feeding
- Transitioning to Solid Foods
- Food Safety
- Bottle Weaning
- Avoiding Picky Eating Pitfalls



Early Childhood Nutrition Classes

SPECTRUM HEALTH 

MSU EXTENSION'S FOOD SAFETY FOR FOOD PANTRIES

Monday, April 29, 1:00-2:30 p.m. at St. Ann's Church, Community Room, Baldwin. This is open to any food pantry in Lake County, or surrounding counties. Contact Kendra Gibson, MSU Extension Community Nutrition Instructor at gibso126@msu.edu or 231-845-3363 to register.

Lakeshore Food Club will be offering the same training on Monday, April 29, 9:30-11:00 a.m. at Lakeshore Resource Network. Contact Sarah McMahan at sarah@lakeshorefoodclub.org or sign up at the Lakeshore Food Club, 920 Tinkham Ave., Ludington.