

# Nutrition Fit and Feeling Proud!

Cabrini Immigrant Services (CIS), Dobbs Ferry, NY, was filled with a lot of excitement as nine of our clients were preparing to complete their 8 week nutrition program. On December 6<sup>th</sup>, our participants received their Certificates of Completion from Lucy Diaz, a Nutrition Program Educator with Cornell Cooperative Extension of Westchester County. The course, 'Expanded Food and Nutrition Education Program', taught the participants about how to read and understand labels on different food and drink items and the importance of looking for the 'hidden sugars' and sodium.



Proudly displaying their Certificates of Completion are the recent graduates of the nutrition program for the clients of Cabrini Immigrant Services, Dobbs Ferry.



Lucy Diaz, (l) the nutrition educator, shares a smile with one of the program graduates.

She also offered suggestions of alternatives to certain foods such as whole milk vs. skim milk. They also learned about the effects that food has on diagnoses such as high blood pressure and diabetes. The importance of refrigeration, sanitizing food areas to prevent cross contamination was also discussed. The participants were so happy with all that they learned. In addition to reading materials they also received an insulated bag filled with many goodies such as a meat thermometer, refrigerator thermometer, hand sanitizer, etc.

Because of social distancing, we had to limit the number of attendees. We had so many people interested in attending that we will be offering the nutrition program again in January.



Congratulations to all our 'graduates' of the nutrition program. We are so proud of you.

~ submitted by Lorraine Campanelli, Director, CIS, Dobbs Ferry, NY