



For Immediate Release

Bay Landing Residents Learn Healthy Cooking

Boothbay Harbor, ME (July 5, 2017)- Residents of Bay Landing senior apartments in Boothbay Harbor recently indulged in black bean soup and fruit and vegetable smoothies to celebrate their final SNAP-Ed cooking and nutrition class.

Healthy Lincoln County's SNAP-Ed Nutrition Educator, Lara Cogar held two 4-part series healthy cooking classes this spring at Bay Landing. As a result, 14 residents learned how to shop, cook, and eat simple, healthy, and affordable meals. Throughout the class, residents learned simple ways to add fruits and vegetables to their daily meals, what to look for on food labels, how to find the best deals, and why whole grains are necessary for good health.

Cogar worked with Resident Services Coordinator, Heather Smaha to bring the free class to Bay Landing. "The class was a lot of fun, and educational too," says Smaha, adding "we used great, healthy recipes that I wouldn't have tried otherwise."

Residents helped prepare meals, learned cooking techniques, and of course tasted their creations. Cogar, reflecting on the value of the class says, "People often tell me they'd eat more healthfully if they could afford it. During this class, we learn how to eat well and actually *save* money."

To learn more about SNAP-Ed nutrition education programs in Lincoln County, contact Lara Cogar at 563-1330.

About SNAP-Ed: SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented by the University of New England (UNE). Maine SNAP-Ed uses evidence-based curricula and multi-level approaches to improve the likelihood that low-income families will have the knowledge and skills to be able to make healthier food and physical activity choices on a limited budget. The Maine SNAP-Ed program provides nutrition education opportunities, implements social marketing campaigns, and helps create environmental supports to enable low-income families to establish and sustain healthy eating behaviors. SNAP-Ed Nutrition Educators work to reach low-income families through new and long-standing partnerships created with local community organizations.

This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community coalitions. Maine SNAP-Ed educates low-income families on low cost, healthy eating and active lifestyles. Contact mainesnap-ed@unc.edu or 207-221-4560 for more information.



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

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SNAP-Ed

Healthy Eating on a Budget



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