Families Healthy Together collaborative program is a success!

BERLIN — The Families Healthy Together collaborative program is a success!

Cooperative Extension, thanks to aNeil and Louise Tillotson Fund. The program, the first of its kind in Berlin, is the result of a collaborative effort of the Appalachian Mountain Club (AMC), Coos County Family Health, and UNH Cooperative Extension Connections, head-nator Heidi Barker of the Youth & Family-Nutrition program coordinator based at Pinkham Notch, worked together to teach both parents and children cooking and nutrition basics.

At the start of sessions, Freierman accompanied most of the youngsters to the BHS downstairs kitchen that was special-designed for group use. Barker introduced the main food groups and which items they should eat in moderation, that is, which signal “whoa” or “go slow.” Fruits and vegetables send a “go” signal.

Upstairs at the Thursday, March 12, session, Barker discussed how to use nutrition labels on packages and cans and what to watch out for if concerned about certain medical conditions that require paying attention to sodium (salt) and/or sugar or even carbonyl diabetes. She also emphasized taking note of recommended serving sizes. When Freierman and the youngsters bunched back upstairs, she and Barker introduced the evening’s menu and recipe, which included whole-wheat spaghetti with a mildly spiced vegetable-and-peanut-butter sauce and tofu and small servings of fresh fruit on the main food groups and which items they should eat in moderation, that is, which signal “whoa” or “go slow.” Fruits and vegetables send a “go” signal.

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