

NEWS RELEASE
FOR IMMEDIATE RELEASE
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Health Department to host first ‘Cookin With WIC’ event

(Lawrence, KS) – The Lawrence-Douglas County Health Department will host a new event “Cookin’ With WIC” on Thursday, March 14.

The event is for Douglas County families enrolled in WIC, which is a supplemental nutrition program for Women, Infants and Children. The event will be from 3:30 p.m. to 5:30 p.m. at the Community Health Facility, 200 Maine. The goal is to educate low-income families about the health benefits of gardening and cooking.

Parents are encouraged to bring their children to participate in hands-on activities. They will have the opportunity to create nutritious snacks, sample recipes, and plant seeds for a container garden.

There will be nearly a dozen booths at the event. Among the participants: The Merc, Harvesters, Hy-Vee Food Store, Parents and Teachers, K-State Research and Extension — Douglas County, the Lawrence Farmer’s Market and Douglas County Child Development Association.

Jennifer Church, WIC coordinator and nutritionist, said, “This event will help our families gain valuable skills in meal and snack preparation and gardening. Also, as part of the event, families will get to practice using their vouchers at a mini farmer’s market.”

The WIC program serves pregnant and postpartum women, infants, and children ages 5 and under, who live in Douglas County, are determined to be at nutritional risk and meet income guidelines. Participants receive nutrition counseling and vouchers to purchase healthy foods for their families. There are about 1,700 individuals participating in the Douglas County WIC program.

The event is being held as part of National Nutrition Month.

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