

U of M Extension program makes healthy eating easier for local families

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The University of Minnesota Extension's Operation Frontline is a hands-on program that teaches low-income families how to prepare healthy and tasty meals on a limited budget, using foods that are commonly available in stores and from emergency food providers.

Volunteer chefs and nutrition educators connect with community partners, such as the South Minneapolis PICA-Head Start Program, to teach meal preparation, practical nutrition information, and food budgeting skills to adults, kids and teens. Operation Frontline Minnesota's pilot program runs through December 9 and is led by Seth Bixby Daugherty, formerly executive chef of Graves 601 Hotel in Minneapolis (2003 to 2006).

Additional six-week courses will be offered in Minnesota beginning in January 2010.

More information is also available at Extension's Operation Frontline Minnesota Web site at <http://www.extension.umn.edu/Nutrition/operation-frontline.html>