

2010 MPC Nutrition Education Series



MEALS PARTNERSHIP COALITION
"WORKING TO ENSURE THAT MEALS ARE AVAILABLE FOR HUNGRY PEOPLE"

Each seminar will be held at different locations and will discuss different meal time planning:

Breakfast, Lunch, Dinner, and a Combined Menu.



Please Invite Your Community Members To Join Us!

Each year MPC hosts nutrition education classes to help you create menu plans that best fit the special dietary needs of the vulnerable populations that we serve.

The 2010 topics will be:

Food Safety - Food safety and its significance for people in homelessness. Botulism, rust, open bags, washing and handling.

Food Allergies - sulfites, MSG, BTA, BHT. What are additives? Why are they added? Why should people avoid them? Foods to avoid in meal preparation.

Nutrition Basics – Protein, Carbohydrates, Fat, Fiber and Fluids

Micronutrients and deficiencies - specifically iron, B12, B6, vitamin C, zinc, vitamin A, calcium, folate, sodium, potassium; preventing nutrition deficiencies with food

Chronic Disease and importance of whole foods -

- Diabetes (including glycemic index)
- Hypertension
- Cardiovascular disease
- Anemia (iron and vitamin B12)
- Immune compromised
- Alcoholism
- Dental/Gastrointestinal issues

Each Seminar will include sample menu plans for breakfast, lunch, or dinner, as well as some guidelines for flexible meal planning with donated foods.

**For more information please contact:
MPC Staff at (206) 957-3857**