

# “Eating Right”

## NC Albert Schweitzer Fellows Program

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Through the support of the NC Albert Schweitzer Fellowship, a partnership was created between Urban Ministries of Durham and the Inter-Faith Food Shuttle to provide an Operation Frontline “Eating Right” nutrition and cooking class which served about 20 participants in its first series at Urban Ministries.

The primary goal of my Schweitzer project was to improve the nutritional health among the Durham homeless population.

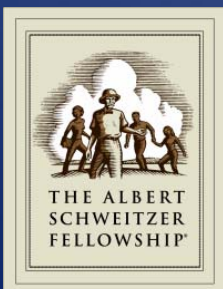
Specific goals included:

1. Teach clients how to make healthier food choices on a limited budget.

The “Eating Right” nutrition and cooking class focused on topics such as Eating Right, Planning Balanced Meals, Cooking Lean and Low-Fat, Healthy Snacking, and Shopping Smart in the context of following MyPyramid, USDA’s food guidelines. Classes consisted of an interactive teaching session about nutrition as well as hands-on practice cooking a healthy meal together. Activities other than cooking included a grocery store tour with tips on how to comparison shop and read food labels and achieving weekly personal challenges.

2. Improve the nutritional quality of meals served in the Durham Urban Ministries Community Kitchen.

I worked with the chef at Urban Ministries to encourage healthier food preparation using more fresh fruits and vegetables, a variety of spices to decrease total salt consumption, and more balance in the meals served in the Community Kitchen which serves ~600 meals daily.



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