

# **Mendocino County Health and Human Services Agency**

*Healthy People, Healthy Communities*

## **Press Release**

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Date: January 18, 2012

**FOR IMMEDIATE RELEASE**

### **Health & Human Services Agency Awarded Supplemental Nutrition Assistance Program Education Grant**

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Mendocino County Health and Human Services Agency is pleased to announce it has been selected to receive a United States Department of Agriculture (USDA) grant to provide nutrition education and obesity prevention services to eligible low-income families in Mendocino County. The funds will come through the California Department of Public Health's Network for a Healthy California.

The Public Health Prevention and Planning Unit and the Social Services Community Outreach Unit will collaborate to provide services. Grant dollars will be used to provide nutrition education and physical activity promotion with services provided by contracts with family resource centers throughout Mendocino County, the Round Valley Indian Health Center, North Coast Opportunities, and FIRST 5 Mendocino. Nutrition education will be offered at the above sites, in addition to the Boys & Girls Club, Head Start centers, WIC, food banks and Social Services offices. Nutrition education and physical activity will support families in achieving better health. "Given the disturbing rise in childhood obesity and related chronic health problems, this new initiative takes an innovative approach to help busy parents on tight budgets make healthier meals and snacks for their families," said Agriculture Undersecretary Nancy Johner. "Nutrition education is a critical component of the CalFresh Program [formerly known as Food Stamps] and low income families can benefit from this nutrition education package."

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