

KAC NEWSLETTER



October 2017



Our Spotlight is on Nutrition...



Wellness is an important goal at Kenosha Achievement Center. In order to support that goal Cindi Armstrong from the University of Wisconsin-

Extension FoodWise program was happy to lead six nutrition lessons. Two groups of 10 participants engaged in topics like; choosing balanced meals and snacks with My Plate, portion awareness, reducing sugar sweetened beverages, food safety and the importance of hand washing. Participants shared real life stories about their eating habits and the lesson activities helped connect their choices to good health.

Those who participated:

- | | |
|--------------|--------------|
| Alberta V. | Juan T. |
| Amy H. | Karen R. |
| Amy P. | Marty D. |
| Brenda J. | Marty M. |
| Cliff G. | Mary Anne M. |
| Cyrus P. | Mary Beth B. |
| Dianne G. | Michelle A. |
| Elizabeth C. | Patti F. |
| Heather K. | Scott Z. |
| Josephine V. | Wendy G. |

Everyone spins the beverage wheel to see how much sugar is in a popular drink.



Reasons those in the class said they should make smart beverage choices:

- Improves our health
- May help with weight loss
- Help us stay hydrated
- Help the day go good
- Give us energy
- Be less crabby
- Feel stronger



Quotes during the Reducing Sugar Sweetened Beverage lesson:

- "I never knew there was so much in there (sugar)."*
- "People shouldn't drink so much of that."*
- "That's gross!"*
- "I need to drink more water."*



What would be some better choices? They responded with:

- Water!*
- Milk*
- 100% Juice in small amounts*
- Diet Soda*
- Smoothies*

