

Ohio Update: Healthy for Life Community Nutrition Program

Tammy Jones (OH), Ohio Affiliate President

Jenny Lobb, MPH, RDN, Family and Consumer Sciences Educator for OSU Extension, was recently awarded \$2500 to implement the [Healthy for Life Community Nutrition program](#) at the Mount Carmel Healthy Living Center (MCHLC) in Columbus, OH. Founded in 2015, the MCHLC is a community health and wellness center that provides free health and wellness education to community members. The MCHLC serves individuals who live in and around zip code 43222 where it is located. This community, known as Franklinton, currently has the lowest life expectancy in the state of Ohio (<https://www.healthpolicyohio.org/2021-health-value-dashboard/>).



Jenny Lobb, Ohio Affiliate

In July-August 2022, Jenny will deliver four educational experiences from the Globally Inspired Home Cooking module of the Healthy for Life curriculum to approximately 25 people served by the center. Each experience will include a food demonstration and tasting, and participants will take home a meal kit after each experience so they can prepare recipes from the curriculum on their own. In addition, participants who attend all four classes and complete a post-program evaluation will be entered into a raffle to receive an appliance such as an air fryer or electric pressure cooker.