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Media Advisory for Wednesday, April 23, 2008

## **Healthy Home Cooking Demonstration Tomorrow in Las Cruces**

### *Class Part of Weeklong **Healthy Kids – Las Cruces** Kick off Celebration*

*Santa Fe, New Mexico* – The Human Services Department’s (HSD) Income Support Division (ISD) will host the Healthy Home Cooking Demonstration Class tomorrow, Wednesday, April 23 from 1:30 p.m. to 3:00 p.m. at the West Doña Ana County ISD office, located at 655 Utah Ave in Las Cruces.

The Department of Health and the New Mexico State University Cooperative Extension Service will conduct the class, part of a weeklong series of events to launch *Healthy Kids – Las Cruces*, an obesity prevention pilot project.

The cooking demonstration will be offered to clients who visit the West Doña Ana County ISD office. “New Mexico families with lower-incomes will benefit from the class by learning how to prepare healthy dishes for their families,” said Pamela Hyde, HSD Secretary. “Clients will leave with the recipe, nutritional content of the meal and list of ingredients, which can be purchased with their monthly food stamp benefit.”

Those living in poverty in New Mexico are one of the groups at greatest risk for obesity. A major factor is that people with limited incomes are likely to purchase cheaper, higher fat or calorie-dense foods to satiate appetite and stretch food dollars. Such nutritious foods as fresh fruit and vegetables are often beyond their financial means. Also low-income neighborhoods often have limited access to affordable and quality retail food stores.

After tomorrow’s initial demonstration, classes will be offered on a weekly basis at the Las Cruces ISD office. “We welcome opportunities to partner with state and local agencies so we can offer more creative programs that help people develop healthy behaviors,” said Health Secretary Dr. Alfredo Vigil.

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