

# Press Release

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“The Jessamine County Health and Safety Coalition Awards \$1000 Grant to Jessamine County Adult Education Family Literacy Program”

The Jessamine County Health and Safety Coalition is pleased to announce that it has awarded the Jessamine County Adult Education Family Literacy Program a \$1,000 mini-grant that will be used to fund a “Living Healthy on a Budget” program for families.

The Jessamine County Adult Education Family Literacy Program helps undereducated county residents (16 years of age and older and not enrolled or required to be enrolled in a secondary school), acquire essential academic and life skills that promote personal independence, economic stability, and improved quality of life.

The “Living Healthy on a Budget” program will encourage parents and their young children to explore healthy, cost effective options when dining out at fast food restaurants and/or when preparing meals at home. Participants will also learn how to stretch their dollar at the grocery store, and to incorporate more produce into their diet. The program curriculum also includes healthy cooking tips and hands-on cooking demos with children, gym-worthy home workouts, and the health benefits of drinking enough water each day, as well as the money-saving benefits of drinking tap water instead of bottled water.

Participants will receive incentive prizes including Frisbees, jump ropes, lunch boxes, and re-useable water bottles during the program. The program takes place on Tuesdays and Thursdays from January 31 to February 22 at the Jessamine County Adult Education and Family Literacy Center located at 200 Computrex Drive in Nicholasville.

“In order to qualify for the mini-grant, proposals were required to place emphasis in one or more of the following areas: prevention of obesity, poor nutrition, physical inactivity, exposure to secondhand smoke, tobacco cessation and/or increased access to the built environment,” Jessamine County Health Department Registered Dietician Karen Kakar said. “Because it is designed to target parents and their children, the information and skills included in the ‘Living Health on a Budget’ program will have a positive effect for generations to come.”

For more information, visit [www.myjchd.org](http://www.myjchd.org) or call JCHD at (859) 885-4149.