

COMMUNITY WELLNESS & HEALTHY LIFESTYLES FEBRUARY 25, 2010



The Child Wellness, Relative Care and Faith Based Committees of the Los Angeles County Commission for Children and Families co-sponsored a wellness training with the Los Angeles County Departments of Children and Family Services and Public Health. The event was held at Calvary Baptist Church in Bellflower, California.



Food pyramids were on display illustrating all the major food groups, along with recommended measurements for daily portions.



The training was intended to benefit not only Foster Children, but Relative Caregivers, too. The training was a success, and the Relative Caregivers who attended had a new-found respect for the daily foods they eat.



Sugar, salt and fats are healthy, if used in moderation, which was discussed at the training, along with supplemental materials to help instruct them.