

Cooking Classes Help Improve Nutrition For Persons Living With HIV/AIDS

One of the most important aspects of living with HIV/AIDS is maintaining good nutrition. A recent report by The Association of Nutritional Services Alliance states, "Proper nutrition can reduce side effects of medication and thus make them easier to tolerate. This makes patients more likely to adhere to their medication plans and reduces the need for frequent medication changes due to acquired resistance."



Friends For Life and the Hope and Healing Center have entered into a partnership that benefits persons living with HIV/AIDS and who receive food from the Nancy Fletcher Food Pantry. Monthly cooking classes are held at the Hope and Healing Center that teach safe and healthy food preparation skills as well as providing tips on recipes and cooking techniques.

Food similar to that provided by the Nancy Fletcher Food Pantry is prepared by Carolyn Sutton (pictured left), staff member of the

Hope and Healing Center, who also teaches the participants about daily nutritional requirements and how to supplement their diets with economical and healthy foods. A highlight of the class is when participants have the opportunity to eat the food prepared by Ms. Sutton. The class is a component of the Nutritional Services program offered by Friends For Life which includes the Nancy Fletcher Food Pantry and Feast For Friends, a congregate meal program held twice monthly at St. John's Methodist Church.

