

AFN Nutrition Program

To Alleviate Nutritional Deficiencies

People who eat well generally stay well.

That's the philosophy put forth by Miriam Bell, Nutrition Coordinator for an AFN demonstration project in nutrition.

This project, under a grant from the Center for Disease Control Office of the U.S. Department of Health and Welfare, was designed to help alleviate nutritional deficiencies that may be related to a variety of diseases, Mrs. Bell said.

Under the terms of the project, six individuals from selected areas of the state were given two months of initial training as food educators at Anchorage Community College and are now stationed at specific locations in the state, making information on good nutrition available to village homemakers, school children and storekeepers.

The six food educators involved in the project are:

- Jo Ann Grimaldi, in Galena;
- Katherine Peter, in Fairbanks, located at the Native Community Center;
- Harry Koozaata, in Nome;
- May Williams, in Kotzebue;
- Janet Koutchak, in Unalakleet;
- Margaret Solomon, in Ft. Yukon.

The food educators also travel to villages near their homes.

According to Mrs. Bell, their activities include meeting with people individually and in groups through existing clubs in the villages, obtaining referrals from agency personnel, assisting people with buying helps thro-

ugh the food stamp program, and, in general, "making it known that people who eat well, generally stay well."

The food educators receive supervision on a regular basis, Mrs. Bell said, and will receive additional training in February 1972.

During their initial training the food educators attended classes stressing the importance of using local native foods supplemented by store bought food to obtain an optimum diet, going on field trips to food processing plants and local stores and listening to guest speakers provide them with additional information on nutrition and health.

Instructors for the basic course were Mrs. Bell and Mrs. Marian Arlin.

"I am extremely proud of the work" the food educators are doing, said Mrs. Bell. "From all indications," she said, they are "applying knowledge in nutrition on a practical basis to people who can benefit from it."