



PHOTO BY ARLA SHEPHARD

AmeriCorps volunteer Lauren Reetz shares healthy eating tips with participants at the Salmon Center's first Eating Healthy on a Budget workshop. Reetz developed the program from the USDA Dietary Guidelines for Americans and her own research.

## Workshops offer tips for healthy eating on a budget

By ARLA SHEPHARD  
MASON COUNTY LIFE

Eating healthy on a budget may seem impossible to some, but by thinking ahead and cooking creatively, purchasing nutritious food doesn't have to feel like a financial burden.

Lauren Reetz, the Salmon Center's new sustainability coordinator, shared that message with participants in the center's first Eating Healthy on a Budget workshop, Wednesday, Jan. 14, which Reetz hopes will be one of many this year in North Mason, Shelton and Bremerton.

"We are working on building a nutrition program around our organic garden," she said. "We don't really have nutrition programs associated with that. We figured a workshop is a good way to increase healthy behaviors and get people talking about food."

The organic p-patch garden will be open to the public for free starting this spring.

An AmeriCorps volunteer, funded in part through the national Healthy Futures program, Reetz developed the healthy eating workshop from the USDA Dietary Guidelines for Americans and her own research.

Reetz graduated with a degree in environmental science, but became interested in nutrition after studying the impact agricultural practices have on the environment and our bodies.

"Everyone deserves to be healthy," she

said. "We don't have to risk all of our finances for that."

Reetz explained the heavy toll that an unhealthy diet can wreak on our bodies, noting that 37 percent of Americans have cardiovascular disease, 34 percent have hypertension, 11 percent have diabetes and 41 percent of the population will be diagnosed with cancer in their lifetimes.

All of those chronic diseases and more are caused or adversely impacted by a poor diet, she said.

Reetz showed participants how to read nutrition facts labels, describing how 5 percent or less of a nutrient's daily value indicates a low value, while 20 percent or more is generally high.

She also provided tips on how to increase the amount of whole grains in one's diet, by replacing refined products with whole-grain products, such as brown rice instead of white rice or whole-wheat bread instead of white bread.

Many products labeled as whole-wheat or colored brown might deceive some into thinking they are made with whole grains, Reetz said.

Instead, choose whole-grain products with a higher percent Daily Value for fiber and select products with a lower percent Daily Value for sodium.

Sodium sneaks its way into many popular foods, some of which might not taste all that salty, Reetz said.



# Vote YES

## for the Pioneer School Bond on February 10, 2015

### OUR CHILDREN ARE OUR FUTURE

- ✓ A professional inspection of the 60 year old Pioneer Middle School building revealed that it is at the end of its life, resulting in high maintenance costs.
- ✓ The open campus of the Pioneer Middle School building is no longer adequate for the security of our children. The new building, with one central entrance, creates a safer environment.
- ✓ The majority of voters in the Pioneer School District support a new Pioneer Middle School. Only a few more votes are needed to reach a 60% super majority and passage.
- ✓ It is a fact: good schools help sell homes.
- ✓ The bond will add much needed additional classrooms to the Primary School.



**We urge you to vote YES for the Pioneer School Bond!**

Ab and Laura VanEtten, Arne and Elizabeth Bendt, Bill Lanning and Kathy Kent Lanning, Bob and Betty Helm, Capt. Thomas Ryan, USN Ret., Dr. M.A. Ryan, Carolyn Olsen, Sage Bookstore, Casey and Rebecca Bingham, Casey Salisbury/Mason County Sheriff, Cindy Waite, Cole Phelan, Connie Bingham, Dan and Kathy Beaudoin, Daniel and Sandy Frishman, Daniel Bendt, Debora Wallace, Fresh Start Market and Deli, Dick Parrett, Don and Susan Sumsy, Don Dahman, Northwest Power Sports, Dr. M.A. Ryan, Dudley and Ann Pinchot, Dudley and Barbara Cooney, Pickering Marine, Gary and Rose Benz, Irene Goldsby, Janis Snoey, Jim and Carol Thomas, Jim and Jan Irving, Jim and Ruth Irish, Joe and Nancy Snyder, John and Pamela Harrell, John Borgert, Shelton Land and Homes, Ken and Sandy Kramer, Kenny and Claudia Latimer, Kevin Cronquist/Prudential Realty, Kristy Buck/John L. Scott Realty, Larry and Kim Lawrence, Spencer Lake Bar and Grill, Lee Strohm, Linda Ring Erickson, Lois Omdahl, Markus Bendt, Matt and Kelly Bogh, Michael O'Day, Neil and Judith Freitas, Olympic Bakery and Deli, Pat Vincent, Phyllis J. Flemming, Richard Beckman/Richard Beckman Real Estate, Riley and Vanessa Borden, Agate Grocery, Robert McKibbin, Steve Harris, Terry Jeffries, Vince Himlie, Windermere Real Estate, Wally and Jo Ewart, Walt and Kris Hitchcock, Zack Deacon

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**Mail or drop off ballots at the following locations from January 23  
to no later than 8pm sharp on February 10.**

24hr outdoor boxes

Mason County Building 1 – 411 N. 5th Shelton • Timberland Library – 710 W. Alder, Shelton  
Port of Allyn – 18560 E. State Route 3, Allyn.

Drive-thru Access: Kamilche Fire Station #4 – 3660 SE Old Olympic Hwy  
Timberland Library – 710 W Alder, Shelton

*Paid for by the Pioneer Citizens for Education Committee*