



School, Family, & Community  
Working Together in Johnston

**Johnston Partnership for a Healthy Community**

**PO Box 975, Johnston, IA 50131**

[www.johnstonpartnership.org](http://www.johnstonpartnership.org)

[director@johnstonpartnership.org](mailto:director@johnstonpartnership.org)

For immediate release:  
25 April 2014

Contact: Shawna Beron  
515.868.1357

The Johnston Partnership for a Healthy Community is pleased to announce the launch of nutrition education for members of our community most at risk for hunger. Through grant funding provided by the Carma Mohler Fund to Alleviate Hunger, Farm Credit Services Working Here Fund and the Wal-Mart Foundation, we have partnered with ISU Extension and Johnston Hy-Vee to provide the following classes and programs.

“Eat Smart, Live Strong” for senior citizens living in two of Johnston’s senior housing communities: Cornerstone Commons and AHEPA 192. This is a four-part series that encourages fitness and teaches ways to eat smart while spending less through programming provided by ISU Extension Nutrition and Health Specialist, Mary Krisco. The classes will be held on-site at the respective communities to remove any transportation barriers.

“Healthy No-Cook Snacks for Kids” and “Healthy Food Box Meals” will be offered at the Johnston Public Library. The two classes will be developed and administered by Johnston Hy-Vee Dietician Missy Anker and Chef Christina Ryan-Pfleeger. We will be targeting the children and families of Chapel Ridge for these offerings; however, they are open to the public to join in the fun.

In addition to these classes, the Johnston Partnership will be distributing coupons to clients of our food pantry to be utilized for the purchase of fresh produce at the Johnston Farmers’ Market each Tuesday. This will encourage incorporating fresh fruits and vegetables into the diets of the food insecure in our town and benefit local growers through additional sales at the markets.

The Johnston Partnership currently serves 125 Johnston area families each month at our DMARC Food Pantry. This is a 35% increase from 2013. Based on the US Census published poverty rate of 5.3% for suburban areas, we know there are still more families in need. It is through these programs that we hope to raise awareness of our organization, provide tools for eating nutritiously on a budget and end food insecurity for our neighbors.

Details of the programs with dates, times and locations can be found on our website [www.johnstonpartnership.org](http://www.johnstonpartnership.org). Any questions can be directed to Kelly Renfrow, Board President, at [president@johnstonpartnership.org](mailto:president@johnstonpartnership.org) or 515-490-6738.