

For Immediate Release: 1/9/09

Contact: Kelly Standage, Program Development Director, YMCA Buffalo Niagara

Phone: 565-6000 ext. 115

Southtowns YMCA Announces Nutrition Series

(West Seneca, NY) – The Southtowns Family YMCA is pleased to announce a nutrition series beginning January 24th – April 19, 2009 taught by Barb Bowen, MS, RD, CDN. This hands-on lecture series gives you the tools to choose foods that will make and keep you healthy and will change the way you view food. All classes are \$20 each and run from 9:00-10:30 a.m. on select Saturdays. To register for any of the classes below, please contact the Southtowns Family YMCA at 674-9622 today. The Southtowns Family YMCA is located at 1620 Southwestern Blvd. in West Seneca.

Virtual Supermarket Tour - *Saturday, January 24 & Saturday April 19*–You will learn how to compare and select healthier food choices as we browse the supermarket aisles. Learn about nutrition labels, including a step-by-step approach to reading the ‘Nutrition facts’ box. Understand food terms including trans fats, Omega-3 fats, net carbohydrates, and sugar alcohols. Prepare a shopping list to stock a healthy pantry.

Sorting the Fats – *Saturday, February 21* - Learn which fats, oils, and spreads are the healthiest picks while you determine your individual fat gram budget. Understand fat terms including cholesterol, saturated, Omega 3 fatty acids, and trans fats. You will review food labels to find all important fat facts.

The Whole Grain Truth – *Saturday, March 21* - Learn all there is about Carbohydrates, including the glycemic index, ‘whole-wheat’, ‘enriched’, ‘bromated’ and net carb’s. We will discuss the benefits and variety of whole grains and fiber. Food labels will be reviewed to help you select healthier grain choices, such as bread, cereal, pasta, and snacks.

YMCA Buffalo Niagara is an inclusive association of people committed to a common effort to help individuals and families reach their fullest potential in terms of spirit, mind, and body. Founded locally in 1852, the YMCA is committed to significantly expanding a fiscally sound, service delivery organization which delivers high quality, market driven services to a growing Western New York constituency.

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As a dynamic, charitable, organization, YMCA Buffalo Niagara has been able to assist countless youth, families, and senior citizens so that they may benefit from YMCA programming. YMCA Buffalo Niagara serves more than 100,000 people annually through its association of seven branches across Western New York, YMCA resident Camp Weona as well as 40 community based program sites. From fitness to school age child care programs, swimming lessons to camp, there is something for everyone at the YMCA. For more information on all of the programs the YMCA has to offer and our financial assistance program, please contact your local YMCA branch or visit us online at www.ymcabuffaloniagara.org.

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