

Literacy Volunteers--Chippewa Valley Earns Eau Claire Community Foundation Grant



Eau Claire, WI November 5, 2015 – Literacy Volunteers--Chippewa Valley (LVCV) has learned that it will be the recipient of a \$5,000.00 grant. Support for this grant was provided by the Women’s Giving Circle of the Eau Claire Community Foundation. This grant will be used to fund the new Healthy Foods, Healthy Families program.

The Healthy Foods, Healthy Families program is offered through a partnership between Literacy Volunteers and the UW-Extension Wisconsin Nutrition Education Program (WNEP). It will support the health of low literacy families by teaching the importance of healthy eating and physical activity for the entire family. Two classes will be offered to women participating in an LVCV program in Eau Claire.

The six-week class “Family Cooking and Learning” will teach families how to plan and prepare healthy meals. In a friendly, fun environment, families can experience the pleasure of cooking together and eating tasty, nutritious foods. The six-week class “My Plate” will teach parents how to help their young children develop healthy eating habits.

“Healthy Foods, Healthy Families addresses participants’ lack of literacy skills, knowledge of nutrition, food safety, and budgeting,” said LVCV Executive Director MaryJo VanGompel. “These classes will break the economic dependency cycle in the community by developing literacy skills of mothers, improving nutrition and health of their children and modeling parent/child cooking experiences that transfer to the home.”

ABOUT LITERACY VOLUNTEERS – CHIPPEWA VALLEY

LVCV is a community-based literacy organization that offers adults the opportunity to gain the skills they need to make a better life for themselves and their families. We do this by taking the time to understand the unique needs of each learner and tailoring our services specifically to them. Using real-world applications to teach our students, we help them better retain their skills, empowering them to achieve their personal goals. Our free services not only help the learners and their families, they enrich the entire Chippewa Valley community.

ABOUT THE EAU CLAIRE COMMUNITY FOUNDATION

The Eau Claire Community Foundation is a bridge connecting donors with charities in order to improve quality of life. As a tax-exempt public charity, the ECCF establishes endowments that are invested to provide long-term support for charitable purposes. Anyone interested in exploring its options for giving can go to the Foundation web site (www.eccommunityfoundation.org) or call the Foundation at [\(715\) 552-3801](tel:7155523801).