

Nutrition Program Event

When: June 1, 2016 from 6-8 pm
Where: Masjid Al-Fajr/Al-Fajr Mosque
2846 Cold Spring Rd,
Indianapolis, IN 46222



Lecture Topics

Healthy Eating for Ramadan
Healthy Grocery Shopping on a Budget
Nutrition and Label Reading
How to Modify Cultural Recipes for Heart Healthy Options
Heart Healthy Meal Planning
Food Portioning for Well-Balanced Nutrition
Gardening with Ginny
Canning/Freezing
Healthy Benefits of Drinking Water—Good Hydration
Healthy Global Food
Healthy Restaurant Eating
Graduation Dinner Project

The nutrition course is sponsored by Darfur Women Network, Inc. (DWN), Center for Interfaith Cooperation (CIC), Indianapolis Muslim Community Association (IMCA) and Helpings for Hope (HFH)

Lectures and cooking demonstrations will be lead Kathryn Parrish from HFH and Amanda Frain from DWN. Cooking demonstrations will be offered once a week.

Nutrition for Immigrant Communities

This nutrition-focused program offers tips about smart shopping to reduce the food costs that challenge many low-income families. Immigrant mothers from more than 20 countries also receive training on how to prepare everyday balanced meals and snacks.

All women are welcome to attend and learn about nutritious recipes indigenous to more than 20 countries and the Midwestern United States.



darfurwomennetwork.org

About Us

Darfur Women Network, Inc. (DWN) is a non-profit organization founded by Darfur native Mastora Bakhiet. Darfur Women Network is the first organization in the United States founded by Darfur women refugees that operates in Touloum Camp, Chad.

Our mission is to raise public awareness, provide educational outlets, use specialized programming, assist and encourage refugee women, girls and families displaced by the Darfur conflict so they may re-establish personal empowerment and flourishing communities in the face of adversity. Darfur Women Network, Inc. works with both refugees in Chad and those who have immigrated to the United States.

Follow Us!

