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WIC Goes Organic

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?Get your fresh organic produce here!? Positive Energetics Foundation (PEF) is making this a reality for the Supplemental Nutrition Program for Women, Infants and Children (WIC) on the island of Oahu, Hawaii. Thanks in part to the Sow it Forward grant, which provided funds to purchase starter plants, PEF has a vegetable garden of abundance. Once a week, kale, swiss chard, eggplant, green onions, herbs, okra, arugula, and other greens are dropped off at the WIC office and made readily available for low income families.

?In the past two weeks, we estimate that 50 families benefited from the local produce, including some of the homeless who live outside of the clinic,? said Laura Morihara the coordinator of the Wahiawa WIC program. ?Many clients commented they had never tried some of the foods before and seemed willing to try. We shared some recipes. One family had never tried kale and made kale chips that night, reporting back to us that they were ?onolicious.? This new addition to the WIC program is encouraging our clients to try new foods and embrace good nutrition a bit more.?

PEF currently provides donation based holistic health care for the community and the addition of the WIC program fits into our goals. We are trying to bridge the gap between peoples? awareness of how health and nutrition directly correspond to each other and how to make this happen with a delicious local, organic meal.

Image (optional):