

Healthy Food

is essential for a person living with HIV/AIDS. A healthy, well-balanced diet with adequate and balanced amounts of fruits, vegetables, whole grains, healthy fats and lean protein is the best way to keep the immune system strong. Nutritious food provides the vitamins, minerals and other important nutrients that are vital for overall health and immune support.

Nutrition Education

is equally important for those who may also have diabetes, high blood pressure and are overweight. You may also have concerns about possible medication side effects such as elevated cholesterol and triglycerides and high blood sugar. Many of these conditions can be managed effectively by learning how to eat a healthy, balanced and appropriate diet.

Physical Activity

also plays an important role in maintaining good health and reducing the risks of heart disease and diabetes. The exercise class, led by a volunteer licensed trainer, includes strength training to help build lean muscle and stretching exercises to increase flexibility. A healthy snack is provided.



The mission of Iris House is to provide comprehensive services and advocacy for women, families and communities infected or affected by HIV/AIDS, while simultaneously providing prevention and education services for our clients and at-risk communities.

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Iris House



Nutrition Services

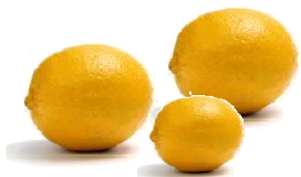
“Let Food be Thy Medicine”

Hippocrates 460-377 B.C.

Iris House

Nutrition Services

The **Iris House Nutrition Program** is dedicated to improving the health and quality of life of our clients.



As an enrolled client in our program you will receive the following services:

- **Nutrition counseling with a Registered Dietitian**
- **Daily cooking classes**
- **Healthy Living weight-loss program**
- **Monthly pantry bags**
- **Field trips to local green markets; Health Bucks provided.**
- **Daily lunch**
- **Weekly exercise classes**

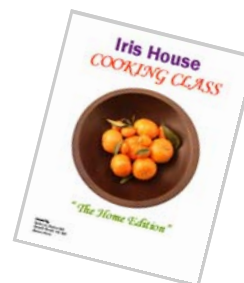
Nutrition Counseling and Education

is provided by our team of Registered Dietitians to help clients manage HIV/AIDS and other chronic illnesses such as diabetes and heart disease, and to reduce medication side effects.

Cooking Class

recipes are prepared using ingredients provided in our monthly pantry bag. This helps clients find new, delicious and healthy ways to prepare food they actually have in their kitchens. The cooking class also includes a lively interactive discussion about the health benefits of the selected food items. Clients learn not only what is healthy but how it supports their immune system.

Ask about Our Cooking Class Cookbook!



Healthy Living Program

is designed for our clients who want to better manage their weight. It includes one-on-one nutrition counseling, a quarterly analysis of body fat and lean muscle, a comprehensive weight loss curriculum, and a Healthy Living pantry bag with specially selected items.

Pantry Bags

are distributed monthly by a nutrition department that takes pride in selecting healthy food items. By utilizing pantry bags clients are better able to support their health by incorporating new foods like kale, rutabagas, brown rice and lentils while still enjoying their favorites such as collard greens, sweet potatoes, green beans and fish.



Organic Fridays

Farm-fresh fruits and vegetables from a Community Supported Agriculture (CSA) program are provided weekly during the growing season. A limited amount is available and distributed on a first come, first served basis.

Hot Meals & Bag Lunches

are prepared on-site daily and include lean protein, whole grains, fruits and vegetables.

