



Free Clinic

OF SOUTHWEST WASHINGTON

Compassionate Care ~ Always

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BRINGING NUTRITION EDUCATION TO OUR COMMUNITY



Having an interest in developing a better, healthier, and stronger local community is not only a passion of the Free Clinic of Southwest Washington, but it is near and dear to the heart of nutrition educator Yolanda Garcia. "Nutrition is a plus and bringing nutrition education to our community is a necessity," says Yolanda, who volunteers her time at the

Free Clinic teaching the WSU Extension Expanded Food & Nutrition Program (EFNEP) to low income families.

Participants meet once a week for 1 ½ hours at the Free Clinic where they learn about the importance of physical activity; the five different food groups; what are the correct kitchen utensils to use at home to prepare your own meals; how to prepare a grocery shopping list; how to shop smartly; how to read food labels; and what it takes to build strong bones and eat a proper diet.

"We coordinate participants from our community who wish to learn about our nutrition education program whether they are sick, diabetic, want to lose weight, learn parenting tips about nutrition that can be implemented at home or are healthy and want to better their health," explains Yolanda.

Classes are held all year long at the Free Clinic, with a new class beginning every two months. "What this means

is that we run about 5 to 6 classes every year at the Free Clinic and I teach an average of 90 to 150 people every year," explained Yolanda.

When asked why she chooses to volunteer at the Free Clinic, Yolanda says much of it has to do with the fact that the people at the clinic are friendly, welcoming, helpful, and willing to find the resources people need. "Volunteerism always benefits the person that serves," explained Yolanda. "It is my goal to at least try to make a difference in our busy and changing world. For me, the Free Clinic is a great place to be!"

If you are interested in finding out more about the Expanded Food & Nutrition Program or to sign up for a class, contact Yolanda Garcia at Yolanda.Garcia@clark.wa.gov

