

Manna Ministries

Feeding...Serving...Loving People

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Manna Ministries will be teaming up with nutritional representatives from Virginia Cooperative Extension to provide Healthy Eating classes to the local working poor.

Vinton, VA – Manna Ministries will be collaborating with Virginia Cooperative Extension to provide nutrition and healthy lifestyle classes to the working poor who receive services from their food pantry and have limited access to resources in the Roanoke Valley. The classes will be taught by a nutritional expert, Margarita Cubas, from the Virginia Cooperative Extension. The classes will be held every Thursday starting on January 26th from 4:30 pm – 5:30 pm at the Manna Ministries facilities located at 229 Walnut Avenue in Vinton.

These classes will give tips on how to practice an overall healthy lifestyle and not just a “diet.” Since the classes will be focused toward underprivileged individuals, they will highlight ways in which taking ownership and control of one’s nutritional intake and promoting a healthy lifestyle can lead to a higher standard of living! The classes will include: diet and nutrition information, eating well on a limited budget, disease management information, cooking lessons and demos, and free resources and newsletters.

Enhancing the quality of life for those attending these classes is the number one goal;
“The better we feed them, the more knowledgeable they can get.”

∞ Ed Wyatt, Director of Manna Ministries

The classes will be free to all those with limited means who would like to learn more about positively impacting their life through responsible eating practices and healthy decision making! Manna Ministries hopes that by offering these classes to those they already service and any others in the Roanoke Valley who are underprivileged and in need of nutritional assistance, they will spark a positive change in the working poor of our area. Healthier and happier lifestyles encourages involvement and better productivity for our community!

For further questions please do not hesitate to contact us at (540) 345-1292 or send us an email at maryr.taf@gmail.com.

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