

Cooking For A Healthy Church: Easy And Nutritious Recipes For The Parish Hall Or The Family Table

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Over the past several years, it has become apparent to institutions, such as the Episcopal Medical Trust, that it is in everyone's best interests to focus greater attention on the collective health and well-being of its leadership, members and employees. To protect and safeguard the health of groups and individuals means that we must face the challenge of dealing with chronic conditions such as obesity, heart disease, high blood pressure, diabetes and cancer. It follows that diet must become the focal point of any such plan. Since eighty percent of healthcare costs are lifestyle-related and thus, preventable, the Episcopal Medical Trust is developing a wellness strategy designed to move the denomination into a culture of wellness. Cooking for a Healthy Church is a fun and tasty step in this direction. However, it also is hoped that this cookbook will become an important ecumenical tool for congregations and other institutions, as well as families and individuals, to learn to prepare and promote healthy foods and preparation techniques...without sacrificing taste and appetite appeal. Publisher: Morehouse Publishing Illustration: N Language: ENG Title: Cooking for a Healthy Church: Easy and Nutritious Recipes for the Parish Hall or the Family Table Pages: 00112 (Encrypted EPUB) On Sale: 2012-04-01 SKU-13/ISBN: 9780819227607 Lib Category: Nutrition Lib Category: Episcopal Church Category: Cooking : Health & Healing - General

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