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**JANUARY MISSION: GOOD NUTRITION
RINGS IN THE NEW YEAR WITH GREAT HEALTHY EATING TIPS
FOR GETTING BACK ON TRACK**

Plus, Learn How You Can Buy Healthy Foods On A Budget

January 5, 2009, Pottstown, PA – The January episode of Mission Good Nutrition gives viewers great healthy eating tips to get back on track if they've indulged over the holidays. They will learn how to buy healthy foods even if they're on a strict grocery budget, and how to cook delicious stir fry recipes that are easy and healthy. The episode begins airing Thursday, January 1, 2009 at 7:00 p.m. on PCTV Channel 28 and is scheduled to air at the same time each subsequent Thursday in January. *Mission Good Nutrition* is a half-hour TV program sponsored by the Pottstown Area Health & Wellness Foundation that promotes healthy living.

"Anytime is a good time to start living more healthy, but the new year is a natural starting point for many people," comments Dave Kraybill, executive director, Pottstown Area Health & Wellness Foundation. "This month's episode encourages viewers to get back on track after the holidays. It's so easy to indulge and can be challenging and overwhelming to get back to a healthy eating and exercise routine. We are going to provide some attainable tips to help viewers get started. We are also aware that many viewers are watching their dollars right now, so this episode provides sound advice for buying healthy food on a budget. Finally we are introducing our viewers to stir fry cooking—a wonderful option for cooking light."

In the first segment, Stephanie Petri, a Health & Physical Education Teacher, Boyertown School District, understands that it is hard to get yourself back on track after you have been indulging during the holidays. To begin the process, she offers several practical tips that will help everyone re-focus on healthy living.

In the second segment, Mandel Smith, a nutrition educator with Penn State Cooperative Extension, gives viewers sensible and doable ideas about buying healthy foods when on a budget that will help to save money at the grocery store.

The last segment features Yvonne Post, co-owner of Cooking for Real. Viewers will be introduced to the creative ease of stir frying as Yvonne prepares two stir fry recipes that are appetizing and healthy. For these and other tasty stir fry recipes go to www.missiongoodnutrition.org.

This month's "Tip of the Month" presents ideas on how to stretch food dollars by using leftovers all year long. You'll be surprised to learn how using your imagination to creatively prepare dishes with leftovers is not only smart and economical, but healthy!

About the Program *Mission: Good Nutrition* - In support of the Pottstown Area Health & Wellness Foundation's goal to promote healthy living and healthy lifestyles, the Foundation sponsors the *Mission: Good Nutrition* program, which airs every Thursday at 7:00 p.m. on PCTV Channel 28. Area residents, particularly parents with school-age children, can discover practical, fun, easy and convenient ideas to use immediately and benefit from every day. The "Tip of the Month" in each episode complements the nutritional focus and reinforces that better eating habits plus improved fitness are keys to enjoying a healthier quality of life. All episodes feature interviews and discussions with health and nutrition experts, plus hands-on cooking demonstrations by local chefs and culinary professionals.

Visit www.missiongoodnutrition.org for an array of interesting information—recipes featured on the program, video clips, and quizzes, as well as how to contact show host Beth Trapani, former communications director and spokeswoman for Pennsylvania Advocates for Nutrition and Activity. *Mission: Good Nutrition* was developed by The Anderson Group and is being produced by Dayton Communications.

About the Foundation - The Pottstown Area Health & Wellness Foundation's mission is to enhance the health and wellness of area residents, providing education, funding and programs that motivate people to adopt healthy lifestyles. For more information about the Foundation go to www.pottstownfoundation.org.

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