



Public Health
Prevent. Promote. Protect.

Henderson County Department of Public Health

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FOR IMMEDIATE RELEASE

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Whole Grain Sampling Day is March 29, 2017

Hendersonville, NC (March 17, 2017) – Nutrition staff at the Department of Public Health invite the public to a Whole Grain Sampling Day open house on Wednesday, March 29, from 8:00 a.m. – 4:00 p.m. in the lobby of the department.

The public can sample from a selection of recipes made with whole grains including: whole grain quesadillas with dipping sauce, whole grain Chex mix, whole grain pasta salad and whole grain muffins. Recipes will be available for each dish.

“This is a wonderful opportunity to taste test whole grains used in some very familiar recipes,” said Nutrition Director Pam Foster. “Folks will be surprised at how tasty using whole grains can be. Plus every whole grain helps your health.”

Studies do show that switching to whole grains lowers the risk of many chronic diseases. While benefits are most pronounced for those consuming at least three servings daily, some studies show reduced risks from as little as one serving daily.

When shopping, the easiest way to identify whole grains is to look for the whole grain stamp, which guarantees a product has at least half a serving of whole grains.

The Department of Public Health’s mission is to promote, protect and advance the health and wellness of our community. The agency is located at 1200 Spartanburg Highway, Suite 100. For more information, call (828) 692-4223 or visit www.hendersoncountync.org/health.

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