



Food & Nutrition Services

Open Monday through Friday, 9am–5pm

Learn how to improve your health & quality of life through better nutrition.

As an enrolled client in our program, you will receive the following services:

- ☞ Personal nutritional counseling with a Registered Dietitian.
- ☞ Daily cooking class or a nutrition education class with a special focus on Diabetes on Wednesday.
- ☞ Monthly grocery bags filled with healthy foods including fresh produce
- ☞ A well-balanced lunch including hot meals (on Tuesday, Thursday and Friday) and bag lunches are prepared on-site daily.
- ☞ Supportive staff assisting clients in achieving and maintaining a healthy lifestyle through exercise and a nutrient rich diet.

Iris House

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Iris House: Empowering women, serving our community

