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WCHS Hosts Nutrition Education Carnival

Winnebago, NE – The Winnebago Comprehensive Healthcare System hosted a Nutrition Education Carnival on Friday, March 8th at the Whirling Thunder Wellness Center gymnasium. This event featured nutrition centered fun for the whole family!

The carnival was a vibrant showcase of educational booths, engaging games, exciting prizes, and lively activities such as face painting. Families and individuals of all ages eagerly participated in interactive sessions to learn about the importance of nutrition in maintaining a healthy lifestyle. From informative displays on balanced diets to seed starting, attendees were immersed in a playful yet educational atmosphere.

According to Wa I pi nagu Program Director Camilla Barajas, "The Nutrition Education Carnival was a fun way to bring valuable knowledge and resources to our community. It was heartening to see families come together to learn and engage in fun activities focused on nutrition. These are not always fun topics, but we had a ton of fun."

The significance of events like the Nutrition Education Carnival cannot be overstated. In a world where not-so-healthy food items are often marketed as healthy, education is necessary to provide displays and visuals to help participants learn what to watch for on food labels. Giving individuals the right tools needed to learn about nutrition is paramount. By empowering the community with knowledge about healthy eating habits, the Winnebago Comprehensive Healthcare System aims to foster a culture of wellness and prevent chronic illnesses.

Chief Public Health Officer Mona Zuffante states, "Events like the Nutrition Education Carnival align with our mission of creating and sustaining a healthy community by providing access to education and resources to empower our relatives. We envision a future where our children are able to embrace our Indigenous ways of being and knowing. Providing education in a positive environment such as the Nutrition Carnival, provides the foundation for our family to embrace those healthy choices."

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The Winnebago Comprehensive Healthcare System (WCHS) is dedicated to creating and sustaining a healthy community in Winnebago and all the populations we serve. Our organization provides an integrated approach to medicine by offering care services that are compassionate, innovative, and culturally-centered. Our goal is to lead the nation in health for indigenous people by challenging the culture of healthcare for the 10,000 Native Americans who live on the Winnebago Reservation and in the



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surrounding region. The rural healthcare services we provide include renowned acute care hospital services, a robust primary care clinic, and impressive prevention programs designed to educate, encourage, and support the mental, environmental, social, and physical wellness needs of the Winnebago community. Visit www.wchs.health to learn more.

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