

Nutrition Education

The Garden of Eden could be called the garden of Eatin' because Adam and Eve were given access to a world of good food. Yet even in Eden they were to exercise self-discipline and self-control. Of thousands of fruit-bearing trees one—just one—was placed off limits. Undoubtedly, the fruit on the forbidden tree was not much different than that on the other trees. It was chosen by God arbitrarily to be the test of their love and self-discipline.

The fruit of that tree fascinated Eve because it was forbidden. It also was deadly because eating it would be a symbol of rebellion and a denial of God's love and goodness. In a sense we, too, live in a Garden of Eatin' surrounded by a wealth of delicious, nutritious dietary choices. But there is a strong temptation to make wrong food choices. For some reason the junk food "apples" appeal to our perverted tastes more than the "apple a day that keeps the doctor away." And it still is true that anything harmful to physical well-being adversely affects our spiritual well-being.

"Because the avenues to the soul have been closed by the tyrant Prejudice, many are ignorant of the principles of healthful living. Good service can be done by teaching the people how to prepare healthful food. This line of work is as essential as any that can be taken up. More cooking schools should be established, and some should labor from house to house, giving instruction in the art of cooking wholesome foods. Many, many will be rescued from physical, mental, and moral degeneracy through the influence of health reform. These principles will commend themselves to those who are seeking for light; and such will advance from this to receive the full truth for this time" (*Counsels on Diets and Foods*, p. 472).

Nutrition is a widely recognized and vital part of health promotion. Seventh-day Adventists have been blessed with special counsels on nutri-

tion, personal health and lifestyle. This knowledge represents a treasure which can be shared with those who wish to improve their health. Nutrition should be integrated into all evangelistic outreach efforts.

The ability to prepare healthful and palatable food has been likened in value to "ten talents." Many individuals within the church have such talents. Because of the importance of nutritional cooking, the Adventist church provides the "Vegetarian Cuisine Instructor's Course" for those wishing to conduct vegetarian cooking classes in their communities. This 30-hour training course, taught by instructors with masters degrees in nutrition, goes beyond the basics in cooking into theoretical nutritional principles. The Vegetarian Cuisine Instructor's Manual may be purchased through The Health Connection by calling (800) 548-8700.

Participants completing the requirements for this course receive a certificate which is good for a period of 5 years. Those who continue their education in this field by reading designated nutrition material may have this certificate renewed at the end of the 5 years. You may arrange for such a course to be taught in your area by requesting it of your conference leadership. Often a church will send one or two individuals to such a course and pay for the manual and the expenses to attend the course.

Once you have a qualified instructor you can plan cooking seminars. You may hold these in the church or in another facility, four nights for one week, or one night for four weeks, or any other combination. Many find two nights a week for two weeks is best.

Many types of cooking seminars can be held. Most churches start with a basic vegetarian cooking seminar, then offer follow-up classes in such things as bread baking, food for healthy hearts, or healthy fast foods. Because of the on-going

need and interest in cooking, many churches offer cooking seminars twice a year or more. The following are a sample of some of the innovative nutritional programs you might want to model.

Vegetarian Cooking Seminars

General seminars on vegetarian cooking are conducted at local churches to educate the church members, new converts, and those in the community who are interested in the vegetarian concept as it relates to healthful eating. Here are some suggestions to help in your planning.

A general survey should be filled out by

church members to obtain their specific needs. The topics listed on the survey may vary from vegetarian dishes to making whole grain bread in an hour. After completion of the survey, the most favored topic should be the first class scheduled. One month's notice is enough time to inform the members of the proposed class. Notices should be placed on bulletin boards at the church and in the church bulletins. Two weeks before the class the health ministries leader or a designated person should make an announcement from the pulpit to members and others interested in the class. A coordinator should be assigned to be responsible for the overall program. Invite those interested to preregister for the class. This enables the coordinator to contact the speaker or instructor ahead of time so adequate preparations can be made for necessary materials and grocery shopping. A small fee should be requested to cover the cost of the materials and the recipes that are demonstrated.

It is a good idea to have door prizes at the end of the cooking class and recipe books that can be purchased. Program evaluations should be filled out by each participant in the class at the end of the session.

The title you give the cooking school makes a great deal of difference. Some will be influenced to come with one title while another group would rather come if the same class were titled something else. To help you choose a concept or title, here are descriptions of some successful food ministries.

- ***Cooking to Prevent Heart Disease program.*** Topics include: the major risk factors such as the P/S ratio, the amount of saturated fat recommended, when treatment is recommended, and the amount of cholesterol in the diet. This program is a good follow-up to the HeartBeat Coronary Risk Evaluation program and an excellent way to "sell" the vegetarian diet.

- ***Fast Food Cookery*** or a ***Microwave Cooking*** class teaching how to cook by just using a microwave, are popular seminars for busy people.

- ***Cooking for Bachelors*** or single people has

Sample Program Evaluation

How many sessions of the program did you attend?

Has the program fulfilled your expectation?

☐ Yes ☐ No ☐ Partly

Rate the following aspects of the program on a scale of 1-5 (circle one number on each line.)

	Poor			Excellent	
<i>Demonstrations</i>	1	2	3	4	5
<i>Recipes</i>	1	2	3	4	5
<i>Nutritional information</i>	1	2	3	4	5
<i>Handout materials</i>	1	2	3	4	5
<i>Helpfulness of personnel</i>	1	2	3	4	5
<i>Practical sessions</i>	1	2	3	4	5

What aspect of the program did you enjoy most?

What other topics would you have liked to have seen covered in the program?

Do you have suggestions for improvements?

proven to be successful.

- **Vegetarian Cooking:** At one time a cooking school called “Vegetarian Cooking” would not attract many. Now many will respond because it is a vegetarian cooking school. People will expect to get considerable information concerning the advantages of the vegetarian diet. One could discuss the cost of vegetarian foods for the nutrients purchased compared to meat. Or one could discuss how the vegetarian diet reduces the risk of heart disease or cancer. One could spend one evening just discussing the adequacy of the vegetarian diet—how easy it is to get enough protein for example. Be prepared for questions on vitamin B 12 as that always comes up. You could discuss the advantages of the vegetarian diet from the standpoint of the environment or ecology; or from the physical fitness standpoint—the muscle glycogen is higher on such a diet and results in almost three times the usual endurance in marathon races.

- **Weight Control:** Weight control is a big thing in the United States. Nearly everyone wants to know how to cook with fewer calories. Include food demonstrations each night. You might also follow up a weight control program with a **Low Calorie Cooking School**. In this way you would create a built-in-audience.

- **Natural Food Cooking:** People like the idea of a “Natural Food Cooking” school.

- **Low Sodium Cooking** schools can be held for those on an extremely low salt diet. Even for hypertensives, 0.6 teaspoon of salt a day is permitted. Coronary bypass surgeons often remove all salt from the patients so they have less danger of congestive heart failure. These patients don’t need to stay on such a diet long after the surgery but the surgeon forgets to tell them they can go off of it. Most people who have been on no salt diets prefer to not use substitutes. It is now known that sodium chloride or salt is a lot worse than sodium combined with something other than chloride. Even most of the low sodium recipe books call for baking powder containing sodium. However, with “Low Sodium Cooking” you

It's All in the Name

One time a new employee and his wife wanted to do a vegetarian cooking school. I was already doing one to prevent heart disease. I said that would be fine. So they did theirs just about two weeks before I was to do mine. I thought that no one would now come to mine. However, they had 80 at theirs and I had 80 at mine just several weeks later. They both would prevent heart disease and they were both vegetarian schools, but an entirely different group of people came to each because of the different titles.

—John Scharffenberg

usually will get a smaller audience.

- **Sugarless Desserts:** Scharffenberg states: “In Honolulu one time I only had time for a one night cooking school. I named it ‘Sugarless Desserts.’ We showed the sugarless banana cream pie made from cashews and dates on the TV program. More than 80 people came out to a little church for this one night on sugarless desserts. People know a lot of sugar is not good for them yet they like the sweet taste, so a night in any cooking school with sugarless recipes goes over really well. We have a night in our heart disease preventive cooking school just on this because most desserts are not healthy from the heart standpoint. By the way, that banana cream pie never got out of that TV studio alive.”

- **Low Budget Cooking.** A cooking school just on “Low Budget Cooking” goes well because everyone wants to know how to do this. You can discuss bulk purchasing, storage, buying less packaged items and gardening. Vegetarian products are much less expensive for the nutrients purchased compared to meat and fish.

- **Let's Do Lunch.** Many people want to know what to do about “lunch.” Talk about

school lunches, taking a lunch to work, lunching at home or lunching out at a restaurant. Hand out menus from various restaurants and ask the people to select the best or most healthful lunch. They often forget to ask for things not on the menu. Or tell them to imagine going to work with two one-quart thermos jars containing their lunch. They could have hot rice in one and tofu and vegetables in the other.

- **Gourmet Cooking.** Women, especially, like to attend a cooking school that is named Gourmet Cooking or Decorative Cooking. If the food is attractively served most anything can be called “gourmet.” It is amazing that almost every church has someone who is gifted at fixing up foods in an exquisite manner.

- **Diet for Athletes.** Many people, particularly the younger set, are interested in physical fitness. Show how endurance is increased almost threefold with a high carbohydrate diet (a vegetarian diet), and how the saturated fat decreases the oxygen supply the red blood cells deliver to body tissues. The best diet for athletes is a low fat vegetarian diet since as much as 68 percent of the saturated fat in the diet comes from animal products.

- **Low Fat Cookery** attracts many. Everyone has heard that Americans are eating too much fat. Not only are overweight people aware of it, but also people with heart problems and those con-

cerned about cancer.

- **Single Food Cooking Schools.** Just taking a single food item and showing all you can do with it creates much interest, like in *The Bean Cooking School*. Discuss how to counteract the flatulence problem. Expound on the advantages of beans for diabetics because of the low glycemic index, or for those with high cholesterol because beans contain much soluble fiber and help lower serum cholesterol. Show how this kind of food greatly reduces colon cancer risk. You could do a similar thing with potatoes or fruit.

- The **One Dish Meal** is another interesting cooking school. It’s amazing how many one plate dinners you can prepare, such as a noodle ring with peas in the center of the ring, or a taco salad.

- **Cooking To Prevent Cancer.** When Dr. Scharffenberg was asked to help in programs for patients with cancer, he says, “I tried to discuss what to do if you’re nauseated, you lack appetite, or you have difficulty in swallowing. None of that went over too well. But as soon as I discussed what to do to prevent cancer, people were very interested even though they already had cancer. Usually such patients will get their friends out to a program on what to do to prevent cancer. I talk about a vegetarian diet and the advantages of the 20 or more substances in plant foods that help prevent cancer. Then I show the many mechanisms by which meat may help to bring on cancer. I present how eating less fat and especially fewer calories is needed to keep the weight down since weight increases cancer risk. The advantages of beans, cruciferous vegetables, and antioxidant vitamins also should be discussed.”

- Try “_____ *In The Kitchen*” (INK). It is quite interesting to do a program for a particular group of people. For example, have a program to train pastors to cook. In the Caribbean Islands they called it “Pastors in the Kitchen” or “PINK.” If it was just for men it was called “Men in the Kitchen” or “MINK”, or for women it was

Once when I was at a medical meeting in Los Angeles, I took a box of zwieback, a jar of peanut butter, and a thermos full of hot thickened grape juice. It made a very satisfying meal. I invited a Ph.D. biochemist to come to the car with me to share this lunch. He thought it was delicious and wondered who had ever thought up that meal. At least it was much more healthful than the steaks most of the physicians rushed out to get.

—John Scharffenberg

Women in the Kitchen” or “WINK,” and for kids it was “Kids in the Kitchen” or “KINK.”

With some of these cooking schools it is well to get the entire family to come. Some have a lower charge if the family attends. Of course, singles might be upset, but you can tell them they can have the same break if they bring someone with them.

What makes a cooking school interesting is to have children doing some demonstrations, or involving the audience in doing some of them, or having men who are not used to the kitchen up front demonstrating.

- ***Making Your Favorite Recipes Healthy.***

One interesting type of cooking school or a one-night emphasis in a cooking school is teaching people how to modify recipes from something tasty but unhealthful to something tasty and healthful. People see in magazines many recipes they would like to try, but don't because they call for unhealthful ingredients. They need to learn how to modify these recipes, substituting healthful ingredients for unhealthful ones. One may even have healthful recipes but they may not be tasty. An example of a healthful and tasty recipe is changing the usual waffle recipe made from 99 percent refined ingredients to an oatmeal waffle topped with fruit instead of syrup.

- ***Healthful Holiday Cooking Schools.***

These can be provided seasonally on such occasions as Easter, Thanksgiving, and Christmas. Demonstrate low-fat recipes to replace traditional high-fat ones. Emphasize good taste and attractive decorations.

More Ideas for Successful Cooking Schools

There are an almost endless variety of possibilities when it comes to conducting cooking schools, but if you only know how to do one type and it's successful, go ahead and keep repeating it. Some have done the same type of cooking school twice a year for many years, attracting a new group of people each time. Dr. Scharffenberg reports doing this: “The cooking school was on how to prevent heart disease. Naturally with new information coming out, I updated the education-

al material I used for each occasion. However, the town was big enough to draw about 80 people each time. Yet the town was small enough (200,000) that when friends who had attended the cooking school at different times, would meet, they could talk about the same recipes. It was almost as if they had been at the cooking school at the same time.”

Most people know how to mix, dump, pour and stir, but they do not know why they should cook the way you are telling them to do. Therefore, do not do in front of them what they already know to do. Have the simple steps already done and demonstrate the more unusual ones. Use the time for giving good sound information on why they should do what you are teaching them to do. You wonder what you are going to say at all these programs, but you will be surprised at the great ideas that come up when you get a team together.

The most important part of the program is spending time with people personally. The break in the middle of the 2-hour evening cooking school is extremely important. This is the time when many people ask questions of a religious nature. You should also be at the program early to talk with people and stay afterwards to do the same.

With a little brainstorming, many kinds of cooking schools could be planned. When you get a group of people together at any church, all kinds of ideas will pop up, and many of them will be excellent ideas. If your first committee meeting is not too fruitful, you may have to meet several times until you're well acquainted with each other. However, if for some strange reason you don't have ideas of what to do, contact a dietitian in some nearby town and he or she will have many suggestions for you—or take the Vegetarian Cuisine Instructor's course.

Plan your health programs for the year in advance. You need to know whether or not you are going to do a weight control program for the community. If you are, do not discuss in detail weight management in a different kind of cooking school. However, if you are not planning to do a weight program, talk in detail about cooking

to control your weight. Plan your visual aids and other illustrations. Instead of using all your good visual aids at a cooking school, save some for your weight control program. Vary the visual aids you use from program to program.

The Sunday Afternoon Cooking School

The time of the week to hold a cooking school has always been a problem because of such conflicting factors as Wednesday night prayer meetings and Monday night football. Tuesday and Thursday programs seem to draw more people. Again Scharffenberg shares this experience: "Often I have been asked to conduct cooking schools in distant locations and I didn't have time to spend two weeks or even one week. So I developed the Sunday afternoon cooking school. We started about 1:30 PM and would go for about 4 1/2 hours with food demonstrations, and close at 6 PM with a meal. Into that time period I could present most of my scientific information on how to prevent heart disease. This is a complete cooking school in one session and the people really enjoyed having it completed in that time span."

Holding Informal Cooking Schools at Home

A cooking school does not have to be held in a church or an official facility. It can be done in a home, in your own kitchen or that of one of the class member's with just 10-15 people. It is a good way to get acquainted with different people in the community.

In this program each class member helps in providing the food demonstrations, and in experimenting with recipes. Some dishes are prepared at home and brought for tasting while others are prepared right there in the kitchen.

Cooking Schools on Video

Cooking By the Book is an excellent, widely accepted cooking school produced by Marcella Lynch, a home economics teacher in Mountain View, California. She demonstrates how to prepare wholesome, nutritious food with simple recipes based on the nutrition principles of Scripture. There are 13 videos of approximately 26 minutes

each, and an accompanying cookbook. Available through The Health Connection.

Check with your local Union or Conference Health Departments or Adventist resource agencies listed in chapter 21 for current cooking school videos that are up-to-date and scientifically accurate. Several well-done nutrition videos also are available through The Health Connection, such as:

- *The Search for the Fountain of Youth*—on the Adventist lifestyle.
- *The Vegetarian Advantage*.
- *Eating for Life*—hosted by Mike Farell and other celebrities showing the adequacy and advantages of a vegetarian diet.
- *The Great Grain Robberies*—How refining grain destroys nutrients.
- *Sugar's Sour Side*—How to avoid the harmful aspects of sugar.
- *Trapped in the Spider's Web*—Caffeine's harmful effect.

Visual Aids and Resources

When hunting for visual aids for your nutrition programs see The Health Connection Catalog or talk to one of their representatives: call (800) 548-8700 or Fax 1-888-294-8405.

Poster: Vegetarian Food Pyramid Poster. The following information is available from The Health Connection in a beautifully designed poster.

Nutrition Council Position Statements

These statements in pamphlet form are from 30 of the denomination's top nutritionists and include the most up-to-date information on controversial nutrition issues. These are ideal for nutrition lectures, cooking schools, new member classes, and professional patient information racks. Bulk rates are available. Here is a list of topics: (New topics are added regularly)

- Dietary Fat
- Herbs and Herbal Teas
- How Diet Can Lower Cancer Risks
- Meat Analogs as Part of the Vegetarian Lifestyle
- Planning Fellowship Dinners

- The Vegetarian Dietary Lifestyle
- Vitamin B 12 for the Vegetarian
- Use of Caffeine
- Use of Vitamin and Mineral Supplements

One of the easiest ways to present nutritional principles is to use visual illustrations or demonstrations. Here are some examples:

1. Weight Control

Hand out tape measures and have the audience do their waist to hip ratios. Involve the audience in the learning process as much as possible. Discuss what these ratios should be (0.85 or less for women and 1.0 or less for men) and about the dangers of elevated ratios.

Have those present calculate their own Body Mass Index. The formula is:

$$\frac{\text{weight (kilograms)}}{\text{height}^2 \text{ (meters)}}$$

or

$$\frac{\text{weight (lbs)} \times 704}{\text{height}^2 \text{ (inches)}}$$

If using a calculator it is easier to tell people to divide by the height once and then to divide by it again the second time. The ratios for normal weight are 20-24. If their results are 25-29 they are overweight and if they are over 30 the person is obese. (An Omron Body Fat Analyzer is much simpler to use—Order from The Health Connection (800) 548-8700.

Another interesting demonstration is to put on paper plates the amount of food that equals 100 calories. Do this with a lot of foods. Show how four heads of lettuce are not going to make them fat, but that sliver of pie might.

Discuss the Calorie Nose-Dive. We teach people not to eat this or that and soon they are not getting enough calories to survive. Show them how they can eat all they want and not get fat. Put on plates two cups of grated carrots, six cups of string beans and nine cups of summer squash and you have about 500 calories. This will take perhaps four plates. Tell them they must eat this twice a day (on the two meal a day program)

to get 1000 calories. They should eat at least that much or they might get too skinny, which would give the weight control program a bad reputation.

2. Decreasing the Use of Sugar

Call a gentleman from the audience. Give him a box of sugar cubes. Use the 1/2 teaspoon size sugar cubes. Ask him to count very loudly the number of cubes he places into a pyrex pie plate and you will stop him when he gets as many as Betty Crocker's standard Banana Cream Pie recipe calls for. It will take 64. Then continue for the berry pie recipe; it will take 96. The apple pie also will take 96 and the lemon pie, 144. Do this after you have demonstrated your sugarless banana cream pie.

Have 5 apples on the table and a model of a banana split. They both have the same amount of sugar. Ask, Can we then allow our children to have a banana split in place of five apples if it's just the same? Then explain the differences. In the natural state one will not usually eat that concen-

The Vegetarian Food Pyramid: A Daily Guide to Food Choices

Eat Sparingly: Vegetable fats and oils; sweets, and salt.

Eat Moderately:

- Low-fat or non-fat milk, yogurt, fresh cheese, and fortified alternative group: 2-3 servings.
- Legume, nut, seed, and meat alternative group: 2-3 servings.

Eat Generously:

- Vegetable group: 3-5 servings.
- Fruit group: 3-5 servings.

Eat Liberally: Whole grains, bread, cereal, pasta, and rice group: 6-11 servings.

A "Total Plant Food" Pyramid also is available from The Health Connection.

trated quantity of sugar. The sugar in the apples is absorbed slower, so that the high blood sugar level is not followed by a low level. The banana split also comes packaged with cholesterol and saturated fat, compared to the pectin in the apple.

3. Soda Drinks and Your Teeth

Get a dentist to give you some teeth he has extracted and place them for 4 hours in some coke with some water. Then take them out in front of the audience and put them in ink.

4. Decreasing Fat Consumption, Especially Animal Fat

Have two plates one with a baked potato with Loma Linda Gravy Quick, frozen peas, and 3 gluten steaks while the other has a baked potato with 2 pats of butter, frozen peas and a fake model of a 6 oz. Porterhouse Steak. Compare 475 vs. 878 calories; 47 percent less calories vs. 85 percent more calories; 12.4 g fat vs. 58 g fat; 25 percent of the calories from fat vs. 60 percent of the calories from fat; linoleic acid 6.3 g vs. 1.5 g; saturated fats 1.4 g vs. 28.5; and cholesterol 0 vs. 268 mg.

Teach the audience how to calculate the ratio of polyunsaturated to saturated fatty acid. Have two participants come forward and separate the foods from a shopping bag into polyunsaturated foods (P/S greater than 1) vs. saturated fat foods (P/S less than 1).

Have tray 1 with 1/2 cup whole milk, 1 cup low fat milk, and 20 cups nonfat milk. All have the same amount of fat—5 g. Have tray 2 with 0.4 oz. broiled T-bone steak, 1/2 chicken breast, 1/3 frankfurter, 1/3 cup chili con carne with beans; each has 5 g fat. Have tray 3 with 6 jumbo potato chips, 10 French fries (each 3/5 in. long), 2/3 cup potato salad, and then 25 baked potatoes (this will take up the whole of another tray) and each of these has 5 g fat. Have tray 4 with 1/9 avocado, 10 olives, 4 apples, 25 medium bananas and each food contains 5 g fat. Have tray 5 with 1 egg, 1 pat butter, 1 teaspoon salad dressing, 1 oz. peanut butter and each food has 5 g fat. Have tray 6 with 1/2 cup cooked soybeans and 5 cups cooked kidney beans and each food contains 5 g

fat. Have tray 7 with 4 cups cooked brown rice, 2 cups cooked oatmeal, 1 1/2 in. arc of apple pie and each food contains 5 g fat. With this illustration people learn where the fat is. Hand out a sheet with these facts on it. This is quite an impressive demonstration.

5. Fiber

Show how these foods have equivalent fiber contents:

- 5 slices whole wheat bread = 40 slices of white bread
- 2 large shredded wheat biscuits = five 1 oz. cups of corn flakes
- 1 orange = five 6.5 oz. cups orange juice
- 1 apple = ten 6.5 oz. cups apple juice.

6. The Best Foods

Draw concentric circles on the blackboard. The bull's eye represents the best of foods. Have about five different areas where the participants could place foods, from the best at the bull's eye to the worst in the outer circle. Ask them what foods they would put in each of the categories from 1 to 5. It is surprising how close they come to the way it ought to be.

7. Quizzes

There are a variety of quizzes that can be given. For example, list two foods and ask which has the most iron.

At this point you might be thinking, I'm not a nutritionist and I wouldn't know how to do this. You can always find someone not far from you (a dietitian or a cook) who could come and spend an hour or two with you and give you ideas and information. But you don't even need that kind of help. It is surprising that when a group gets together many unique and interesting ideas can be dreamed up as to how to illustrate a topic. Spend a little time in brainstorming and you will come up with many good ideas.

Puppets

Puppets can be used to teach health principles. Often these programs are done with inappropriate or silly representations. They can, however, be effective when used appropriately.

On the Meatless Wagon

Robert ignited a roar of joyous approval at the Vegetarian Supper Club cooking school when he began explaining his reasons for taking the course: “These are going to be my Meat-alcoholics Anonymous meetings. I really have been overdoing my meat consumption, and I want to learn how to prepare another kind of protein.” He detailed the extent of his perceived addiction, including the exact ounces of meat he had been devouring daily. Then he set off another rumble of laughter by concluding, “So I came here to get on the wagon.”

Americans have been formally getting on the wagon ever since the phrase became popular in the late 1800’s. And as anyone who has been on any kind of “wagon” can tell you, eliminating the loved and the familiar requires commitment and fortitude. The friendship and support of other people trying to make the same or similar change helps a lot. Robert can tell you all about that. He stuck with his class for all five training sessions.

At the International Tasting Event finale to the cooking school, Robert’s face reflected the peace and joy of an overcomer. Several weeks later he announced he had prepared every recipe in the course manual, and apparently his friends had tasted it all. “When’s the next class?” he asked. “I have a lot of friends who want to come!”

The bottom line of support for everyone making lifestyle changes, whether it’s getting enough sleep, getting enough exercise, or getting on a meatless diet, is the Great Enabler. He provides the power to hold on and hold out—to stay on the wagon of wholesome change. However, when your face is set like flint to do God’s will, it certainly helps to have friends who’ll encourage you.

That’s why I’d suggest joining a support group of people who are eating vegetarian style or doing (or stopping) whatever you have set your face toward. If you don’t know anyone nearby to turn to, ask your omniscient Father to direct you to someone He has ordained to supply the encouragement you need.

—Faith Crumbly From: *Energized! A one-a-day devotional for body, mind and soul.*
Hagerstown, MD: Review and Herald Publishing Association, 1997.

Puppet programs not only attract young people and children but also adults. The Health Connection catalog has a large number of puppet presentations available.

Other Aids

Handouts help people remember what was presented. A sample copy of *Vibrant Life*, the church’s outreach health journal offers recipes in each issue, and is a good give-away. A door prize could be a free subscription to this magazine. The *Vibrant Life* special vegetarian issue titled, “Going Meatless,” is an excellent resource. (See Chapter 21 on resources for bulk price lists and other materials.)

To Keep Updated

To get the latest information from the scientific literature, order the NAD Health Ministries Department *HealthWorks* newsletter by calling AdventSource (800) 328-0525 to have your name put on the mailing list. It is written to provide practical information that you can use in your programs. You can also use current books on nutrition. (See Appendix E in this manual for some recommended books.)

How to Get People to Come to Your Programs

Some are afraid to start a program for fear no one will attend. Often only a few come out when we should be getting through to many people. What do you do to get a crowd out? Advertising

The Vegetarian Food Pyramid

A Daily Guide to Food Choices. This little pamphlet is provided by the General Conference Nutrition Council and is a great handout for cooking school. To order call (800) 548-8700.

is the key to successful attendance. Many local newspapers and media outlets are quite willing to give free promotion to health prevention programs. Also prepare attractive flyers that can be circulated in health professional offices, pharmacies, health fairs, community health agencies, and by church members to their friends and neighbors.

One of the most important thing is to have a quality program. But how is that done? You must present information that is on the cutting edge of science. Don't just tell people in a cooking school to cut down on fatty meats. They have heard that message for years. Point out why their intake of cholesterol should be as close to zero as possible and support your argument by scientific studies. Show them that saturated fat does not damage the arteries if there is no cholesterol in the diet. That will be new to most of them, and you must be prepared to base what you present on good studies.

Have the staff dressed well, as if they were going to a banquet. Right away that indicates quality. Have music playing as the attendees enter the room and have people greet them at the door. Give them something to read as they wait for the program to begin. Have staff participating who are up-to-date scientifically. Do everything possible to have the individuals present participate in the learning process by doing something.

It is important to have the program on a routinely scheduled basis. This way, people can plan on it. The program should be held at least once a year and at the same time of the year on a regular basis. More community referrals will be made if your nutrition program is a continuing program, or held quarterly.

The more programs a church conducts, the

better the response will be to all the programs. The HeartBeat Coronary Risk Evaluation program helps to feed all the others. A weight control program helps get people into the cooking school, the physical fitness program and the stress control program. A cooking school can motivate people to attend the HeartBeat program to find out what their risk of heart attack is. A diabetes control program can funnel people into the weight control program, the HeartBeat program, as well as the physical fitness program. Smokers certainly should come to the cooking school because many of the hazards that have been attributed to smoking actually come from poor eating habits.

A newspaper feature article is the best mass media avenue. Personal word from one person to another also is an excellent way of getting the message out. Satisfied customers from previous programs are sure to tell their friends. Developing a mailing list of all who attend any of the programs is important. Radio and TV are not as effective unless your ad is on 6-7 times a day for a week or so.

It is better to have different speakers instead of two hours of just one person. No matter how good a speaker is some prefer another type of speaker. One person could serve as master of ceremonies for the two-hour program but several people should participate in the program.

More Creative Ideas Promoting Good Nutrition

Breadbakes

Breadbakes are where everyone brings a package of one or more of the ingredients. The group then puts them together, dividing what is needed by each member of the group. They take these home and bake the bread.

The Vegetarian Supper Club

Faith Crumbly, the editor of Sabbath School Leadership magazine, has used the idea of getting acquainted with people in the community by inviting them to supper. The result is what is called, The Vegetarian Supper Club which offers vegetarian cooking schools and weekly

support groups that meet at different members' houses for lunch, brunch, dinner, or a party. The Vegetarian Supper Club is a place for vegetarians to meet, greet, eat, and share information, recipes, ideas, fellowship and encourage each other in following the vegetarian lifestyle. Once every three months, the entire group meets for a grand affair with entertainment, speakers, and good food. If you would like to contact the Hagerstown Vegetarian Supper Club for tips on how to get started, call the Hagerstown SDA Church (301) 733-4411.

Sunday Lunches

John Scharffenberg describes his experience with this program: "At Pacific Health Education Center we had Sunday luncheons once a month where there was a charge of just enough to cover costs for the meal. We had it from 11:00 AM to 1:00 PM with as many as 600 in attendance. When we first started people were lined up around the block waiting to get in. By opening the doors 30 minutes early we managed to get people in without a long wait. People were attracted by the totally healthful menu. The food was cholesterol-free and sugar was kept extremely low. Sunday school teachers would bring their Sunday school class with them to try the foods. We had the room nicely decorated and usually featured something special. We had violinists play, going from table to table. I tried to present a five-minute health talk but found it didn't work. People wanted to have a social time and were not interested in health information on such an occasion. However, the meal itself presented the health information. Everyone had a copy of the recipes in that meal and a listing of future programs as a way to advertise all the programs for the year. We always had at least 300 in attendance with 80 percent or more being non-Adventists." The Sunday Lunch still is a part of the Pacific Health Education Center outreach to the community.

Breakfasts

Many people don't know what a good break-fast is. They think a really good breakfast consists of bacon and eggs, pancakes with syrup and other high-fat foods. Yet it is easier to serve breakfast foods than other foods to people not

used to a good diet in a way they will find tasty. Pacific Health Education Center (PHEC) began running HeartBeat programs and serving a complimentary breakfast to the participants who had come after a fast for their blood test. Others also

HeartBeat at the Pacific Health Education Center

People come to the program in the morning before they have eaten anything and pay a small fee for the program. They fill out a health questionnaire, have their blood pressure checked and their blood drawn by a nurse or lab technician. The blood is sent to the lab and analyzed with a report returned for total, LDL, HDL cholesterol, triglycerides, uric acid and glucose. Because they have not had breakfast they are given orange juice after the blood is drawn. The results of the test and the information on their lifestyle is put into the computer by your church secretary. The HeartBeat computerized program will generate recommendations for each person's needs.

The participants in the program return perhaps two weeks later for a group discussion of what the lab results mean and what they should do to lower their risk of heart attack. They are free to ask questions during this discussion and following the meeting many stay for another hour or two asking about their particular results. In the audience may be people who have had their blood drawn at different times or in different places in the town. You might be surprised to see so many people attending because at the testing there may have been only 5-10 in the room at a time. At this follow-up meeting people are given their reports. If they cannot return for some reason the report is mailed to them. The participants at this time also are given a coronary risk evaluation booklet listing the major factors leading to heart disease.

—John Scharffenberg

were welcome to eat breakfast for a small fee. This program is a regular Monday morning feature at PHEC. It's a good way to get acquainted with people, to learn about their problems, and to help them. If breakfasts are commonly provided in local areas for Ministerial Association monthly meetings, why can it not be done for other groups with whom you would like to make contact?

Fairs

At fairs, food such as vegetarian burgers can be sold, or a booth can be set up providing samples of vegetarian food. Be sure to have lots of literature promoting a healthful diet.

The Health Connection has a ten foot by five foot Celebrations exhibit banner and a pamphlet that goes along with it, as well as a step-by-step instruction book called, *How to Plan a Health Exhibit*. A coordinated give-away pamphlet titled, *Good Health in One Package*, offers a positive introduction to the Seventh-day Adventist

lifestyle.

Fellowship Dinners

The General Conference Nutrition Council has a position statement on fellowship dinners that can be useful to your local church as a guideline in conducting fellowship dinners. These statements are available in pamphlet form at The Health Connection. At the beginning of your church's officers terms, the pamphlet, *Planning Fellowship Dinners* should be presented to the social committee and other committees involved with food service in your church.

Fellowship dinners present an opportunity for church members to share ideas of good nutrition, strengthen friendships, and celebrate God's goodness. In the days of Israel there was a coming together for feasting and socializing. "As a means of education an important place was filled by the feasts of Israel.... Three times a year seasons were appointed for social intercourse and worship.... So far as possible, all the household were in attendance; and with them, as sharers of their hospitality, were the stranger, the Levite, and the poor" (*Education*, pp. 41, 42).

Here are a few of the guidelines from the General Conference position statement:

The usual time for a fellowship dinner is after the church service.... Fellowship dinners are to be scheduled in advance so there is time for members to plan and prepare. A set plan for every Sabbath or a regular Sabbath scheduled each month makes this possible. Fellowship meals should be open to all. This includes members, visitors from out-of-town, Adventists from other churches, and non-Adventist neighbors and friends from the community. All should be made to feel welcome remembering the biblical injunction to entertain strangers, for thereby some have entertained angels unawares (Heb. 13:2).

Occasionally some church facilities will not accommodate all the members so other arrangements will need to be made.

When possible hold fellowship dinners where kitchen facilities have adequate refrigeration.

I think someone should develop a seminar on scientific thinking regarding food. Perhaps it could be titled "Seminar on the Meaning of Food Facts and Figures," or "How to Lie with Food Facts and Figures!" This seminar would be one that would make people think seriously when they are told something about food, because much of the nutrition information being promulgated today is inaccurate. For example, a bread maker promoted their loaf of bread as being lower in calories. They stated it had 50 percent less calories per slice of bread. It was true because their slices of bread were half as thick as other breads being sold. Just ask the audience which sheep eat more grass—black or white sheep? Naturally white sheep eat more grass because there are more white sheep. People need to learn how to think critically in order to make better judgment calls when they hear various advertisements.

—John Scharffenberg

For information on "How to Read the New Food Labels," by the American Heart Association, call (800) 242-8721.

eration, freezing, heating, serving, and seating capacity. Church leaders are encouraged to provide such facilities necessary for the social and health evangelism programs of the church.

It is suggested that a fellowship dinner coordinator be chosen with several assistants, so that one person is not burdened with the full responsibility.

Fellowship meals may consist of a full dinner menu to include: entrees, cooked vegetables, starchy foods, salads and/or relishes, breads, beverages, and simple healthful desserts. Other ideas for meal planning include soup and salad menus, theme meals, holiday type meals, ethnic cuisine and 'build your own meal' from simple ingredients.... [such as a] salad or sandwich bar.

The meal needs to be planned carefully.

When not planned, a potluck encourages members to bring whatever they choose resulting in too much of one type of food and not enough of another. It also is a poor witness when unhealthy food is served. Perhaps specific Sabbath School classes could be assigned to organize the meal. Or those whose names begin with A-F would bring an entree; G-K a vegetable and bread; L-O a tossed salad and nuts; P-S a fruit dessert; T-Z a fruit juice.

Guidelines should include: Choosing delicious meatless recipes which are nutritious, and attractive. Choose recipes which people will want to try at home. Consider the individual needs of the congregation—total vegetarians, ethnic groups, etc. Promote fresh fruit and whole grain desserts rather than those high in refined sugar, refined flour, fat, and salt. Select pure fruit juices and caffeine-free cereal beverages rather than high-sugar drinks. Of course alcoholic beverages are out of place. Provide printed recipes. Limit the variety.

Do not over-react if someone brings something that should not be served. Instead, in a tactful way and at the right time give the General Conference Nutrition Council's guidelines. Remember what Jesus did when he went out to eat as described by Ellen White:

"While Christ accepted invitations to feasts and gatherings, He did not partake

Vegetarian Diet: Hot Subject for TV

One time the Los Angeles County Medical Society invited us to do a TV program on the vegetarian diet. We had Hulda Crooks in her hiking gear and discussed how much greater endurance a person has when on a high carbohydrate diet. We had bicycles in the studio and discussed the study of the nine Swedish athletes' endurance records on bicycles when their diet was changed for just three days. On the high carbohydrate diet the endurance was almost three times greater than when on the high fat and protein diet. We ended with a nicely set table and eating a vegetarian meal together. The program was a 30-minute program. The first month or so we got about 40,000 responses asking for more information—and another 30 to 40 thousand came later. Our problem then became how to pay for the postage to answer their questions.

—John Scharffenberg

of all the food offered Him, but quietly ate of that which was appropriate for His physical necessities, avoiding the many things that He did not need. His disciples were frequently invited with Him, and His conduct was a lesson to them, teaching them not to indulge appetite by overeating or by eating improper food. He showed them that portions of the food provided could be passed by, and portions chosen.... Christ went to these feasts because He wished to show those who were excluding themselves from the society of their fellow men how wrong their course of action was. He wished to teach them that truth was given to be imparted to those who had it not. If they had truth, why keep it selfishly to them-

selves. The world is perishing for want of the living Truth (*Manuscript Release 7*, p. 412).

Such fellowship dinners can provide an educational opportunity as an alternative or in addition to cooking schools. In this way, the vegetarian cuisine can be shared with non-Adventist friends in the community.

Nutrition Seminars

Many kinds of seminars can be conducted concerning nutrition or where nutrition forms a large component. (For more resources see Chapter 21.)

• **Cancer Risk Reduction Seminar:** John Scharffenberg was the first to develop cancer prevention seminars. He says, "Some criticized it because they said cancer could not be prevented. Now everyone knows that half of the

cancers may be prevented, as documented in the *Abundant Living Series*. But because of the criticism at the time (1986) the name of the cancer prevention seminar was changed to "Cancer Risk Reduction Seminar." (Available from The Health Connection.) This seminar can be given in four sessions of two hours each. Session one covers the size of the problem, the official dietary recommendations and the subject of tobacco and lung cancer. The second addresses cancers of women with a focus on nutrition. The third, colon cancer, again with an emphasis on nutrition, and the possible mechanisms whereby food might be involved in producing cancer. The fourth is entirely on foods of various types and their link to cancer.

• **Weight Control** programs often draw the largest attendance. There are many overweight people in the country who are willing to pay to find an easy method of losing weight. In 1997 the *Abundant Living Series* plans to publish a pro-

Has the Time Come?

If you want to start a lively discussion that often leads to controversy, bring up a subject where daily practice varies so widely you almost never find two people alike. Discuss something that even the experts disagree on widely—debate all the time.

Yet, since this is something vital to our spiritual development, God has interjected the matter of what we eat right into the middle of His discussions of spiritual growth. Why?

From the very beginning, God knows what we sometimes forget—that what we put into our bodies forms the building blocks of life both physically and spiritually. Not only is our strength of body impacted, but our clarity of mind as well. "The spiritual as well as the mental and physical powers suffer under the influence of unhealthful food. The conscience becomes stupefied, and the susceptibility to good impressions is impaired" (*Child Guidance*, p. 379).

What about today?

Since we are so bombarded with reports of contaminated and diseased foods in today's world, it is important to ask if anything in our diet is unhealthful. A recent article in *Newsweek* magazine illustrates the urgency of that question. The cover story on how resistant we are becoming to antibiotics described the impact animal products have on human beings.

"Farm animals receive 30 times more antibiotics than people do...Resistant strains emerge just as they do in humans taking antibiotics—and remain in the animal's flesh even after it winds up in the meat case.... The superbugs spread from farm animals to people through raw or under-cooked meat.... The threat could be even greater to those who down a milkshake with their burger. Milk is allowed to contain a certain concentration of 80 different antibiotics With every glassful, people swallow a minute amount of several antibiotics.... Tests discovered traces of 64 antibi-

gram developed by Dr. Glen Blix of Loma Linda's School of Public Health with an emphasis on nutrition and exercise. Practical demonstrations should be presented each evening. Five basic principles need to be presented: no snacks; cut down on empty and refined calories (oils & shortening, sugar, refined cereals, alcohol); cut down on cholesterol and saturated fat (meat, dairy products, and eggs); eat a good breakfast and little or no supper; and eat more low caloric density foods; and the possibility of fasting one day a week. It is important to present these principles in a positive, encouraging way.

- **A Dietary Control of Heart Disease** seminar (*Abundant Living* series) is being revised and updated. Along with this seminar the participants and their families should be invited to a meal containing no cholesterol.

- **Blood Pressure Control.** Another nutrition seminar that is much needed is one on blood

pressure control. In this seminar, you can teach people how to take blood pressure. You may invite a company that sells sphygmomanometers to come and explain the various types of equipment. They usually give sizeable discounts that night for those wishing to purchase any of the equipment. During this seminar discussions focus on such topics as rational therapy-weight control, low sodium diet, stress control, exercise, abstinence from alcohol.

- **Smoking and Nutrition.** In a stop smoking program much of what is presented deals with what the smoker needs to know about nutrition. Smokers consume more cholesterol and saturated fat than non-smokers. Even though they are thinner their waist to hip measurement is worse than those who are non-smokers. Smokers consume less fruits and vegetables and therefore get less vitamin A and C. When they stop smoking a little gain in weight usually follows. Caffeinated beverages seem to make the smokers want to

otics at levels 'that raise health concerns.' They could produce resistant germs in milk drinkers" (*Newsweek*, March 28, 1994).

True to His promise, God has not left us in the dark on what is best. Here is counsel it seems to me needs to be carefully considered as we move closer to the end.

"But I wish to say that when the time comes that it is no longer safe to use milk, cream, butter, and eggs, God will reveal this. No extremes in health reform are to be advocated" (*Counsels on Diet and Foods*, p. 359).

"The disease upon animals is becoming more and more common, and our only safety now is in leaving meat entirely alone.... Because of meat eating, many die, and they do not understand the cause" *Counsels on Diet and Foods*, p. 412).

"Eating the flesh of dead animals is deleterious to the health of the body, and all who use a meat diet are increasing their animal passions and are lessening their susceptibility of the soul to realize the force of truth and the necessity of its being brought into their practical life" (*E. G. White Letter 54*, 1896).

Has the time come to cease using all animal products? I can't make that decision for you. All I can do is share a sample of the counsel we have been given. Whatever you decide, please remember this is a personal matter between you and God, not something to push on others. Nor should we judge another less faithful if they make a decision different from ours. And if you do decide to change, expect difficulty, "For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature" (Gal. 5:17 NIV).

Sincerely your friend,
Tom Mostert, Jr.,
President, Pacific Union

(From: *Pacific Union Recorder*, May 2, 1994, p. 2)

Nutrition Newsletters

The following newsletters have good nutrition information. Not all, however, advocate the Adventist lifestyle. Order a sample issue before subscribing to make sure the material presented will be helpful to you.

Environmental Nutrition: A monthly newsletter on the latest findings in the area of diet, nutrition and health. Regular subscription rates are \$30 U.S. or \$38 in Canada. Write to: Environmental Nutrition, PO Box 420451 Palm Coast, FL 32142-0451, or call (800) 829-5384.

Health Quarterly: A quarterly Christian newsletter on general health issues including good nutrition, specifically for those who are interested in preventing cancer and other nutritional diseases. (\$10 yearly) HealthQuarters Lodge (associated with Health Quarterly) is an 11 day residential program to get cancer patients on a good anti-cancer diet and lifestyle program. For more information contact Health Quarterly at 4141 Sinton Rd. Colorado Springs, CO, 80907. Call (719) 593-8694 or for orders (719) 522-9759.

Nutrition Action Healthletter: This newsletter published 10 times a year that will keep you up-to-date with the latest nutrition information in a user-friendly way. Easy to read and use. Annual membership is \$24 a year (\$36 Canadian). Nutrition Action Health Letter, 1875 Connecticut Ave., N.W., Washington, D.C. 20009. E-mail subscription inquiries: circ@essential.org

Today's Family Matters contains information about the importance of a good healthy lifestyle and diet for the family. This bimonthly publication is edited by Greg and Donna Spann of Cornerstone Services, Inc. 9005 Macsvega Court, Lorton, VA 22079 or call (703) 339-6467.

Tufts University Diet & Nutrition Letter: This newsletter contains up-to-date research information in the areas of diet and nutrition. For more details write Tufts University Diet & Nutrition Letter, 6 Beacon Street, Suite 1110, Boston, MA 02108. New subscription information: P. O. Box 57857, Boulder, CO 80322-7857. Phone (800) 274-7581. In Colorado (303) 447-9330.

University of California at Berkeley Wellness Letter: A Newsletter for Nutrition, Fitness and Stress. For more information write or call, Wellness Letter Subscription Department, P. O. Box 420148, Palm Coast, FL 32142. Phone (904) 445-6414.

Vegetarian Nutrition & Health Letter: An 8 page newsletter published by Loma Linda University. Published 10 times per year and can be ordered by calling 888-558-8703.

smoke. It is more difficult to get off cigarettes if one is still consuming coffee. Smokers' heart attack rates have dropped percentage-wise more than non-smokers' rates. This is an indication that their diet has changed. Wherever possible a nutritionist or dietitian could be an active member of the Breathe Free™ team.

Food Service Directors' Workshop

When a much-needed and much-appreciated food service directors' workshop was presented at a camp meeting at Camp Hope, British Columbia, Canada, approximately 20 people participated in the workshop. They were people at all levels. Some had been in food service work and others were new to the field but wanted to get into this type of work. The Adventist church is in desperate need of qualified food service workers.

This group ran the camp meeting food service, saving the conference expense because it was done without charge to the conference. The students didn't pay tuition—their working in the kitchen was the laboratory part of the course. Lectures were given by a qualified teacher in this field. The areas covered were organization and management, personnel management, food production and service (including recipe standardization and computerization), food preservation methods, financial management, managing a nutrition system, menu planning, food procurement, and food selection. In addition a cooking school for the people attending the camp meeting was held. The participants in the Food Service Workshop also attended.

At this camp meeting all the meals served were total vegetarian. Soy milk was served. Low-fat or non-fat milk was available but, at another location so those wishing it would have to make an effort to get it. A physician at the outset was sure those responsible for this program would get a lot of flack. This probably was because he did not realize how good this food could be when properly prepared. When those attending filled out an evaluation form, a 98 percent rating was received for attractiveness, taste, and variety. If

Nasco Nutrition Teaching Aids

This catalog contains hundreds of food replicas for use in seminar presentations and displays. You'll also find a listing of videos, slides, books and more. Write or call, Nasco Nutrition Teaching Aids, 901 Janesville Ave., Fort Atkinson, WI 53538; (414) 563-2446; Fax (414) 563-8296.

more conferences could arrange these workshops, they would not only save money but also would provide workers in the areas where the church now has great need for personnel and in addition, educate members on health and nutrition principles.

Camp Meeting Food Service

Camp meeting is a good time to educate Adventist people on proper eating habits. At one camp meeting printed cards with a Spirit of Prophecy quotation on one side and a scientific statement on the other were placed on each table. People were invited to pick them up and take them home. A different card can be provided for each meal. Here are two examples:

Card #1. "Let the diet reform be progressive....Tell them that the time will soon come when there will be no safety in using eggs" (*Counsels on Diet and Foods*, p. 356).

"I wish to say that when the time comes that it is no longer safe to use milk, cream, butter, and eggs, God will reveal this.... The question of using milk and butter and eggs will work out its own problem" (*Ibid.*, p. 359).

"In all parts of the world provision will be made to supply the place of milk and eggs" (*Ibid.*, p. 359).

"People everywhere should be taught how to cook without milk and eggs so far as possible, and yet have their food wholesome and palatable" (*Ibid.*, p. 470).

The other side of the card had this: "How did you like the potato salad? Did you miss having

the eggs in it? The latest survey of the membership of the Adventist Church in Canada and the United States noted that 23 percent no longer use eggs. At the General Conference session in San Francisco in 1960 among those surveyed only 6-7 percent did not use eggs. The Nutrition Council of the General Conference recommends that we learn to cook without eggs, especially the egg yolks. Eggs are the single greatest source of cholesterol in the American diet. The Inter-Society Commission for Heart Disease Resources recommended in 1970 for all to avoid egg yolks. You may wish to try scrambled tofu for breakfast in place of scrambled eggs."

Card #2. "If meat is discarded, if the taste is not educated in that direction, if a liking for fruits and grains is encouraged, it will soon be as God in the beginning designed it should be. No meat will be used by His people" (*Counsels on Diet and Foods*, p. 82).

"Again and again I have been shown that God is bringing His people back to His original design, that is, not to subsist on the flesh of dead animals" (*Ibid.*, 82).

And on the other side of the card was this: "Do you like these vegetarian meals? The latest survey of Adventists in Canada and the United States found that 41 percent are vegetarians. There are another 22 percent who eat meat less than once a month. This helps to explain why Adventist men have only 45 percent of the expected heart attack death rate. Adventists have only 50 percent of the expected cancer death rate. Adventist men (at age 40) who are vegetarians live 3.7 years longer than those who are not vegetarians". Or you could print a health message from your conference president.

Nutrition and Health Correspondence Courses

Home Study International offers three college level, accredited courses in health and nutrition. For more information contact: Home Study International, P.O. Box 4437, Silver Spring, MD 20914-4437, or (800) 782-4769. These are:

- **HLSC 140 The Human Body in Health & Disease** (4 credit units) A survey of the structure,

function, health, and disease of the human body. Emphasis is placed on the understanding of the physiologic mechanisms that maintain each body system. A general foundation in the vocabulary of anatomy and physiology is a primary part of the course. Normal body structure and function are used as the basis to present information on human health and disease principles. Student must submit certificates of completion for the *International or American Red Cross Standard First Aid and Safety and Cardiopulmonary Resuscitation* courses.

- **HLTH 200 Health Principles** (3 credit units) A study of physiology, including the principles governing community and personal health and the methods of applying these principles to successful daily living.

- **NUTR 300 Nutrition** (3 credit units) A course designed not only to provide an introduction to the relationship between nutrition and good health, but to explore the basic medical and chemical aspects of nutrition.

Non-academic Courses

The closest product available to a non-academic correspondence course is the Lifestyle Home Seminar materials sent out to the general public as a service of Lifestyle Magazine. *Nutrition* by David Nieman and *Keys to Wellness* by Jim Wood, (on the eight natural remedies) are excellent sources of good nutritional information people can study on their own. They don't return the lessons for grading. These Home Seminars are available from Lifestyle Magazine Home Seminars, Box 1000, Thousand Oaks, CA 91359-9965. Allow 4 weeks delivery.

Offer Your Services to Schools

Have you thought of conducting a health week for one of our schools? Dr. Scharffenberg had this experience: "We did it in quite a few of our boarding academies. We had a team approach. We taught the chemistry classes about cholesterol and linoleic acid. We took over the Bible classes and discussed such things as meat

from the Spirit of Prophecy standpoints. We had the worship periods in the various dormitories. Then we also had a daily chapel period. We made good use of the home economics classes, too. Work with the food service director in having the foods served correlate with what you are teaching. Some of these programs were just like a week of prayer. At one school the students called for a special meeting on the Thursday of that week and voted to ask the administration to take candy bars out of the school store.

"You might provide school assembly programs for Adventist and public schools. We have often given nutrition lectures to all the school teachers in a public school district. We have also presented a series of lectures once a week in a foods or health and wellness class of a high school."

Children's Programs

The Health Connection has cassette tapes with children's songs teaching nutrition. There is even a Vacation Bible School program on food and nutrition written by Judi Rodgers called, *Jesus' Kids in the Kitchen*.

Prayer Meetings

Here is a challenge from Dr. Scharffenberg:

Would you like to double your attendance at prayer meeting? It can be done. I know because I did it. If you are old enough to remember the program our Church promoted called Testimony Countdown, you'll recall how those attending would read a section in the *Testimonies* and then discuss at prayer meeting what they had read. I remember at the La Sierra church seeing 400 out for prayer meeting. Most of our churches have very few attending prayer meeting.

With the church members' interest in the Spirit of Prophecy and health, something like Testimony Countdown could be promoted. I assigned material to be read from the Spirit of Prophecy before the next prayer meeting and handed out scientific material on the same subject. Then we came together to discuss it. The interest was great. Try it. It works!

Adventist health promotion programs have been called an "entering wedge" which prepares the way for acceptance of spiritual truths. At the cutting edge of the entering wedge is nutrition ministry as attested by the widespread interest in the subject on the part of North Americans.