

# SETTING A GOOD EXAMPLE AT THE TABLE

Preventing obesity is only an abstract idea until fresh, healthy food is actually put on the table. The Boys, Girls, Adults Community Development Center took its two-year-old campaign against obesity to that level this spring.

BGACDC is growing its own vegetables and putting them on the table at its soul-food restaurant at Marvell, and encouraging local families to follow the example and grow their own backyard nutrition.



**Willie James Spriggs and Mrs. Beatrice Shelby check the progress of the green beans in BGACDC's garden.**

For more than 25 years, BGACDC has operated the BFT (Best Food in Town) Restaurant, where delicious Delta soul food is served regularly. Soon, freshly harvested greens, beans, cabbage, tomatoes, onions, and Irish potatoes will join chicken, roast beef, pork chops and yams on the daily menu.

Willie James Spriggs, a BGACDC volunteer, planted the BGACDC garden in March and the first vegetables are almost ready for harvesting.

In November 2010, BGACDC and other Delta groups identified obesity, especially among children, as a critical problem in the region. With funding from the W.K. Kellogg Foundation, through the Center for Rural Strategies, BGACDC has been conducting health fairs, workshops and lectures to educate people on the health, economic and social dangers of obesity as part of its Rural People, Rural Policy (RPRP) initiative.

"If families will create their own gardens," said Mrs. Beatrice Shelby, executive director at BGACDC, "fresh healthy foods and exercise are just as close as their backyards."



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