

Bond receives \$75,000 grant for cooking school



Nubyjas J. Wilborn, Democrat staff writer 10:36 a.m. EST December 23, 2015



(Photo: Democrat)

Bond Community Health Center was rewarded for its approach to treating and preventing pediatric obesity with a \$75,000 grant.

Bond was notified that its proposal to start a cooking school was approved by the Florida State University College of Medicine and the Children's Miracle Network, according to a statement released by the non-profit agency Tuesday. Bond will receive \$75,000 garnered from the Florida State Dance Marathon to renovate space within its Specialty and Community Wellness Center, 1549 South Monroe St. It will be called The Cooking Club.

Bond offers comprehensive family health services to Leon, Gadsden, Wakulla, Jefferson, Taylor, Franklin and Madison County low income residents.

Under the terms of the grant, it will adopt a curriculum to host after-school and summer camp programs for pediatric patients, community children and their families. Classes will be facilitated by Bond's nutritionist, Dr.

Janice Rankins.

"This new exposure for these children will result in long-lasting healthy attitudes toward eating and cooking," Rankins said. "Preteens will involve family members in the replication of each week's lesson in real time. It will be like a mini reality show."

The Cooking Club will promote healthy recipes and meal preparations that will be aired on all Bond satellite sites in waiting rooms and in exam rooms. Participants, along with their parents, will be identified by Bond's doctors and nurses and referred to the cooking school. Students will learn new eating and cooking habits and adopt more positive attitudes about eating. They will enjoy new food and learn about food preparation and embracing healthy lifestyles.

"A cooking school offered by a federally qualified health center is a novel idea that will put Bond and Tallahassee in the forefront of the battle against obesity," said Dr. Temple Robinson, Bond CEO. "Bond's mission and the mission of FSU-COM converge at many points, but none more common than in the care of the local children."

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