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MEDIA RELEASE



Food Coach at JFS

WEST HARTFORD—November 15—Food can be the enemy and it can be the best medicine. Understanding this dichotomy propelled Lynn Malkoff into research and to pursue certification as a Food Coach through Cornell University.

“Each person has different challenges,” explains Lynn. “At the initial meeting, I discern the nutritional challenges.” She meets with clients for an hour on a weekly basis in person at JFS, by Skype or on the phone. “I have patience. We take small steps to ensure a solid footing.” Lynn has worked with pre-diabetic clients to help reverse the symptoms.

“I have an opportunity to help people in the way I feel I am meant to right now,” said Lynn. “I am grateful to be a part of JFS.” Lynn provides clients with recipes which have healthy substitutions for the foods they’ve been eating, and introduces new flavor profiles. She works to help them reduce their sugar cravings. One client gushed, “I love it! I can’t wait to make more!”

“We are thrilled to be able to provide this service to the community,” said Anne Danaher, Executive Director. This program is available at no cost to the participants.

JFS focuses on three core areas: Counseling, Education, and Community Support, and utilizes a variety of counseling treatment approaches and can help clients address a wide range of issues. Visit www.jfshartford.org to learn more about Jewish Family Services.

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