



Codman Square
Health Center

Codman Square Health Center
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FOR IMMEDIATE RELEASE

HEALTHY EATING INITIATIVE BEGINS AT CODMAN SQUARE HEALTH CENTER

Dorchester, Massachusetts – The Codman Square Health Center has teamed up with Project Place’s HomePlate program which will provide healthy nutritious lunch every day to health center staff. Project Place is a non-profit organization that works with homeless and low-income individuals by providing skills, education and resources needed to obtain stable employment and housing. Their Social Enterprise initiatives are mini businesses that provide employment opportunities to their clients. One of these businesses is Home Plate which provides catering and outsourced food services.

This partnership was the result of a campaign that was organized and promoted in Codman Academy, the Charter school that is located in the health center. In April, the students of Codman Academy gave up junk food for the entire month. In an effort to support them, the health center cleared out its vending machines and replaced high fat and sugary foods with healthy drinks and beverages. The “no junk food” movement was so popular and well received the health center decided to keep the vending machines junk food and soda free.

The removal of junk food and soda did leave a void for some employees. The health center decided to team up with Project Place to offer an alternative to vending machine selections and help promote healthy eating. Project Place will offer lunch on a daily basis to health center employees. Healthy lunches will consist of sandwiches, soups and salads. They will be prepared daily by Project Place employees and distributed on site in the staff lounge of the health center. “It is a program that will benefit everyone” stated Bill Walczak, President and CEO of the health center. “It is a way for us to offer affordable and healthy lunches, it provides employment to those affiliated with Project Place/HomePlate and it supports the original campaign to eliminate junk food from the diets of students and health center employees. We are the first to advise our patients to eat healthier, now we have an opportunity to put our advice into practice. The case for healthy eating supports many of the health issues impacting Americans today. The rise in obesity and diabetes are just two diseases that



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can be prevented by making healthy eating choices. We are thrilled to have Project Place at the health center offering this program”.

The program begins on August 9th and the health center expects that over 100 lunches will be served daily. The success of the program will help Project Place expand and offer it to other employers in Dorchester and greater Boston.

FOR MORE INFORMATION:

For more information about Codman Square Health Center, call 617-825-9660 and for information about Project Place, call 617-542-3740.