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2-13-1992

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Recommended Citation

University Marketing and Communications, "02/13/1992 - Dow to Serve on National Committee for Nutrition Project" (1992). 1992. 132.

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92-41

February 13, 1992

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FOR IMMEDIATE RELEASE:

DOW TO SERVE ON NATIONAL COMMITTEE FOR NUTRITION PROJECT

CHARLESTON, IL--Ruth Dow of Charleston, professor of home economics at Eastern Illinois University, has been appointed by the American Home Economics Association (AHEA) as one of seven home economists to serve on the advisory committee for a national nutrition demonstration program for Hispanics.

Dow, who has worked with at-risk populations in Central and South America to provide them with nutrition information, will provide input into the production of parent-training materials on nutrition, food selection and purchase, and food preparation for parents of Hispanic Head Start children.

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The Head Start project, administered by the AHEA through a \$293,000 grant from Kraft General Foods, is designed to strengthen links with Hispanic-American families while extending nutrition education to at-risk children and adults.

Dow, the recipient of Eastern's 1990 Distinguished Faculty Award, is a registered dietitian who holds a doctorate degree in home economics education with an emphasis in nutrition from the University of Illinois.

She has worked as a consultant and visiting professor in the area of nutrition at the University of Costa Rica. As a member of Alfalit International, Inc., a literacy organization, she has traveled to Mexico, Guatemala and surrounding countries to instruct teachers how to use two books she has written aimed at improving the nutritional knowledge of Latin Americans.

Locally, she has been a consultant dietitian for the Peace Meal Senior Nutrition Program and the Charleston Food Pantry Board, and volunteer for Habitat for Humanity. She has also been instrumental in initiating World Food Day as an annual celebration in this area.