

CHIEFTAIN



HARVESTING, INC.

HELP

Mike Pippi

Executive Director

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We at Chieftain Harvesting would like to take this opportunity to convey our thanks to the people responsible for organizing this nutritious foods class and especially to Elia Garcia. We have had nothing but great comments about Elia and her spirited method of conveying food facts to her participants. The following are some of those comments made by our employees.

Thank You,

Gabriel Jaquez

Safety Coordinator

It was important for me to attend these classes. I wanted to learn more about nutritious foods and how to make them. These classes were very informative. We learned to associate color with nutrition. We learned how to prepare foods that can help reduce the risks associated with heart disease, diabetes and other nutrition related illnesses. We would love the opportunity to be able to attend more classes that educate us on healthy eating.

Sincerely,

Maria Del Carmen Ramirez

The health classes were very useful to me. We learned how to care for ourselves and our loved ones by preparing healthy meals. I think it would be a great idea if you folks came back and taught us about the length of time that we should cook vegetables and the like. I think that this information could help us cook so that we take full advantage of the nutrients that are in the vegetables and fruits.

Sincerely,

Jose Alberto De La Cruz

When I first started to attend these classes I knew I was going to learn a lot of good things. Before the classes I had no idea how many portions of different fruits and vegetables I was supposed to have each day. Now I know. Our teacher Elia was very nice to all of us who attended and she did a great job of teaching us the things that we did not understand at first. She did a very beautiful job.

Sincerely,

Marcelina Z. Jimenez