

# **ADVANCING HEALTHY LIFESTYLES**

**Presented by  
Rose Simon**

**Love & Hope  
Rescue  
Mission**

# OUR MISSION



**SERVING HAITIAN AND  
IMMIGRANT COMMUNITIES**



**SUSSEX, KENT, AND NEW  
CASTLE COUNTIES**



**UPLIFTING THROUGH FOOD,  
EDUCATION, AND SUPPORT**

# THE REALITY WE SEE



# THE HEALTH CRISIS WE FACE



**High blood pressure**



**Diabetes**



**High cholesterol**



**Passed down dietary habits**



**“No one ever told me rice could be bad for my health.”**

# **MOVING FORWARD WITHOUT LOSING CULTURE**

## **Respecting**

**Respecting identity  
and tradition**

## **Promoting**

**Promoting balance,  
not restriction**



# **CULTURALLY-RESPECTFUL NUTRITION EDUCATION**

- **BALANCE THE PLATE, DON'T ERASE IT**
- **INTRODUCE HEALTHY ADDITIONS: GREENS, LEAN MEATS, LEGUMES, HEALTHY OILS**
- **"IT'S ABOUT PROTECTING WHO YOU ARE SO YOU CAN LIVE LONGER."**



# ACCESS TO HEALTHY FOODS



**Monthly food  
drives with:**



**Plantains, beans,  
cabbage, squash,  
oats, canned tuna**



**Community  
learning and  
trying new foods**



**Teaching label  
reading**



**Story of the father  
checking for salt**



**Progress through  
trust and presence**

**BUILDING TRUST  
THROUGH REAL  
CONVERSATIONS**



# COMMUNITY-BASED HEALTH INITIATIVES



**Walking clubs**



**Healthy cooking  
demos**



**Creole-speaking  
health professionals**



**“If they hear it from  
someone like them,  
they’ll believe it.”**

# **MENTAL AND EMOTIONAL WELLNESS**

- **STRESS FROM IMMIGRATION, ISOLATION, LANGUAGE BARRIERS**
- **COUNSELING, REFERRALS, LISTENING EAR**
- **SUPPORTING THE WHOLE PERSON**



# OUR CLOSING COMMITMENT



**Celebrating strength and culture**



**Investing in community health**



**Planting seeds of knowledge and hope**



**“When you give food, you fill a plate. When you give knowledge, you fill a future.”**

# THANK YOU



## CONTACT INFORMATION

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**[Lovehoperescuemission.org](http://Lovehoperescuemission.org)**



**LOVE & HOPE RESCUE  
MISSION**