



PHFA's Housing
Services Department
Best Practices

PENNSYLVANIA HOUSING FINANCE AGENCY

Overlook Park/Nutrition Links

Category: Healthy Living

Outcomes: Residents enjoy learning how to safely prepare nutritious meals, how to budget and plan meals for their families, the nutritional value of food and the correct serving portions. The workshop gives residents the opportunity to network with each other and share cooking ideas, recipes, where to go for the best prices and where to shop for certain items.

Program Components: The class is held once a week for 4 weeks. In the first class, all participants fill out an information form about their eating and shopping habits. PSU brings all the groceries, teaches how to cook easy healthy recipes and correct food portions. Cooking safety is also taught such as washing hands correctly, keeping meat separate, how to cook meats thoroughly, and storing and reheating foods. It is a hands-on class where participants help to prepare the meals. At the end of the 4 weeks, the information sheet is given again asking what the resident learned and how the class has helped them make better eating and buying choices. Each participant receives a certificate and a bag of goodies with lots of cooking gadgets.

Units: 270 unit General population property comprised of 4 Phases. Section 8 and tax credits
Management Agent: Pennrose Management Co.
Service Coordinator: Maribel Nieves
484.602.2748
mnieves@penrose.com

Background:

Overlook Park has 4 Phases for a total of 270 units. It is a Family property that also has Seniors as residents. 30 of the units are handicapped accessible.

Investment in Services: Penn State Cooperative Extension (PSE) Nutrition Links funded the workshop with no cost to the property or residents and the class was taught by a Nutrition Education Advisor from the Lehigh County PSE.

For more information,
contact PHFA's Housing Services Department:

Alicia Spencer
610.270.1989
aspencer@phfa.org

