



## Panhandle Health District

*Healthy People in Healthy Communities*

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## NEWS RELEASE

### Empowering Health Through Nutrition

Panhandle Health District – March 20, 2024

In a time when health and well-being are paramount, we recognize the critical role that nutrition plays in shaping our lives. To empower individuals to make informed choices regarding healthy eating, Panhandle Health District (PHD) is offering free nutrition counseling and grocery store tours.

“We understand that making healthy food choices can be confusing with all of the information and marketing of products happening around us,” said Danielle Boward, Nutrition Services Program Manager at PHD. “The nutrition counseling and grocery store tours are an opportunity for individuals to learn more about nutrition from experts.”

The two programs will be led by Registered Dietitians and Certified Health Coaches from PHD. The Nutrition Counseling will be an hour of one-on-one time with a registered dietitian. This way the counseling can be tailored to the individual, their health needs and lifestyle. The session is private to give participants a safe space to ask all their questions in a judgement free zone. Participants are encouraged to ask questions and learn more about healthy eating behaviors and tips for meal planning. Simply call 208-415-5242 to schedule an appointment for a nutrition counseling session.

The grocery store tours will be a fun and informative event held at Super 1 Foods in Coeur d’Alene! PHD’s knowledgeable dietitians and certified health coaches will guide small groups through the store and share tips on reading labels, selecting nutritious ingredients, and creating balanced meals. Whether you’re a health enthusiast or just curious, the tours are likely to provide interesting information for everyone. The tours will be offered every second Tuesday of the month from April through September. Tours will occur at 10am and 6:30pm and last for one hour. Reserve a spot on a tour through Eventbrite: [www.eventbrite.com/e/healthy-eating-tours-tickets-838790102777](https://www.eventbrite.com/e/healthy-eating-tours-tickets-838790102777)

“We have had a wonderful response so far from the community,” said Boward. “We don’t want anyone to miss out on this opportunity to improve their well-being and enjoy delicious, wholesome foods.”

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**Panhandle Health District** provides over 40 different public health programs to families, individuals and organizations in northern Idaho. From food and drinking water safety to health education and disease control, public health services are critical to ensure our community is a safe and healthy place to live, work and play.

The PHD team is made up of nurses, nutritionists, environmental health specialists, health educators and many other dedicated professionals with a common goal to deliver vital public health services.

Panhandle Health District is one of seven health districts in the state of Idaho.