A New Mission for 2014

A Fresh Start for a New Year, Dear Friend!

Recently, the HealthStart Board of Directors adopted a new mission statement to more clearly affirm our broader mission and specific focus.

HealthStart empowers kids to create a healthier future for our communities through early health education.

Tell us what you think of our new Mission Statement! Check it out on our Facebook page.

You Are Invited!

We hope you join us for both of these upcoming events.

I Heart HealthStart Luncheon

Join us at Screamer & Co. for our annual luncheon on April 13 from 11:30 am to 1:30 pm at North Lamar Middle School. A recharge for HealthStart kids.

Upcoming Events

- March 6: Advisory Group meeting
- March 20: Kick-off party @ EZ's
- April 13: I Heart HealthStart Luncheon
- May 8: Chocolate Affaire (see below)

Chocolate Affaire

Join us for our second annual Chocolate Affaire on May 8 from 6:00 pm to 9:00 pm at Red Room Lounge. Bid on silent auction items and take part in a chocolate tasting. Tickets are $50 each or $250 for a table of four.

Breakfast of Champions

Thanks to Olive Benton Ferguson, HS aficionado Intern and chocolate aficionado, for this delightful recipe that includes two of the most nutritious foods in the world—chocolate and avocados.

Chocolate Avocado Pudding

Try making this delicious, healthy dessert at home!

- 2 large avocados – peeled, pitted, and cubed
- 1/3 cup coconut milk
- 1/2 cup brown sugar
- 2 tsp vanilla extract
- 2 tsp ground cinnamon
- 1 tsp ground chocolate
- 1 tsp mint leaves
- 1 tsp cinnamon
- 1 tsp ground nutmeg
- 1 tsp ground cloves
- 2 tbsp unsweetened cocoa powder
- 1 cup brown sugar
- 1/2 cup flour
- 1 pinch salt
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp baking powder

Preheat oven to 350°F. Mix all ingredients in a blender until smooth. Refrigerate pudding until chilled, about 30 minutes.

Serve a healthy, healthy treat!