



Junction Spotlight

Mission: Transforming Lives Through Faith and Action

April 7, 2021 - Vol 11

HEALTHY LIVING PAYS & LEARNING LAB

The Healthy Living Pays (HLP) program encourages children, youth, and families to adopt healthier lifestyles by giving them the tools needed to succeed. Participants enroll in a wide variety of classes and programs. The HLP program focuses on preventative health care, promotes healthy food choices, and provides opportunities to gain everyday adulthood skills. The Learning Lab program is where small groups of students meet at Stafford Junction for their virtual classes Monday through Friday. Part of being prepared for learning is having a good breakfast and lunch, students are provided with a healthy breakfast and lunch as part of the program.



Pancake Breakfast



Grilling Chicken



Mexican Food

Learning Lab participants Jaden and Jaime, along with spring break STEM camp participant Lorenzo are constantly engaged in their academic studies. In addition, they are also learning and practicing life skills by cooking breakfast and lunch while at Stafford Junction. They make meal selections, read and follow instructions and recipes, prepare food items through different methods, serve prepared meals, and clean up. Their math studies help them with time management, meal prep, and calculating how much to prepare. They also practice critical thinking and decision making, allowing them to make healthy food choices and learn the skills that will help them develop into responsible adults with healthy eating habits.