## Lakisha's Dilemma<sup>\*</sup>

Lakisha has two daughters, Tamika (age 3) and Shandra (age 10 months). She's also raising her two nephews, 11-year-old Devon and 10-year-old Jamar. Lakisha's aunt, Ms. Connie, watches the younger children from 8 a.m. to 5 p.m., while Lakisha's at work. Lakisha receives food assistance and needs to watch her budget.

After picking up the kids, Lakisha doesn't have much time to make dinner. She may give the children prepackaged noodle mixes, spaghetti from a can, or take-out fried chicken.

To get to a supermarket with a large selection of foods, Lakisha has to ride a bus and then she has to carry the groceries home from the bus stop. So she often buys her groceries from a nearby convenience store, which has higher prices and fewer healthy foods.

## What can Lakisha do to make sure her family eats in a heart healthy way?

Write down some ideas for Lakisha to try:

\*Adapted from an original story created by Maxine Vance, community health worker, CHW Advisory Group (2002).



