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**Health the focus of local Grand Rapids mission**

Guiding Light Mission forms partnership with Michigan State University

With a focus on providing a higher quality of service to the community, Guiding Light Mission will begin working with registered dieticians through Michigan State University Extension Educators in an effort to improve the nutritional quality of meals served to the community. Wednesday, February 10<sup>th</sup> 2010, marked the first quarterly meeting held at Guiding Light Mission to address the sodium, sugar and fat content of meals served at the Mission, as well as other nutritional considerations.

“We care for this community and want our services to benefit everyone we serve,” says Stuart Ray, executive director of Guiding Light Mission. “The men in our rehabilitation and recovery program consistently gain weight as they go through the program. A study by Grand Valley State University opened our eyes to the fact that we are serving high fat, high sodium meals on a regular basis, and we want to do what we can to address this for long-term benefit to the community.”

The Mission has also been working with Calvin College nursing students to provide blood pressure screenings, as well as additional services, such as HIV/AIDS testing, through the Health Department.

**Guiding Light Mission:**

Guiding Light Mission helps men to transition out of homelessness by providing a Christian-based, residential substance abuse recovery program. They provide an average of 8,000 meals per month to men, women and children in the community and donate almost 12,500 pounds of food monthly to local charities. Additionally, Guiding Light Mission offers shelter to over 100 homeless men on a nightly basis. The Mission is funded entirely by private donations and relies extensively on volunteers.

For more information about Guiding Light Mission, please visit [www.lifeonthestreet.org](http://www.lifeonthestreet.org).

Enclosures: GVSU Heartside Nutrients Study

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