

Chicago, Illinois – The Filipino American Community Health Initiative of Chicago (FACHIC) presented a heart healthy cooking demonstration of Low Fat Leche Flan, a traditional Filipino dessert, at the 2014 annual Piyesta Pinoy on Sunday, March 23, 2014 at Navy Pier Crystal Gardens in Chicago, Illinois.

Filipino community leader and educator Ginger Leopoldo was on hand with FACHIC board member John Paul Jael and volunteer Sam del Rosario to conduct an interactive cooking demonstration incorporating tips and suggestions for heart healthy alternatives in traditional Filipino cooking. Over 200 samples of low fat leche flan were distributed to attendees. Free recipe booklets and health materials were distributed. A copy of Low Fat Leche Flan is available online for free download at <http://www.fachic.org/lecheflan>.

Dr. Yasmin Sacro, FACHIC medical director, shared that “FACHIC is proud to have participated in this event to celebrate the Filipino community in Chicago as well as demonstrate a healthy way to make a traditional Filipino dessert, leche flan. Many participants commented on their surprise of the prevalence of heart disease in Filipinos as well as the full flavor of the dessert when healthy alternatives like skim milk and egg substitute were used.”

This cooking demonstration of Low Fat Leche Flan is the second of three demonstrations part of FACHIC’s Heart Healthy Cooking for the Filipino Community program that received a 2013-2014 Community Action Grant from the American Heart Association. The featured heart healthy Low Fat Leche Flan recipe is from the American Heart Association’s Mula sa Puso recipe booklet.

As part of FACHIC’s Heart Healthy Cooking for the Filipino Community program, a new heart healthy Filipino recipe from Mula sa Puso is released each month on the FACHIC website. For the month of April, Kare Kare (oxtail in peanut sauce) is the recipe of the month and can be downloaded for free at <http://www.fachic.org/karekare>.

For more information about cooking demonstrations and future community partnership opportunities, contact FACHIC at (312) 962-7748 or info@fachic.org.

The Filipino American Community Health Initiative of Chicago (FACHIC) is a collaborative of community, health professional, and academic leaders united to address Filipino health issues in the Chicago area. The mission of FACHIC is to increase awareness of Filipino health disparities and to implement health interventions and educational programming to improve the health status of the Filipino community. FACHIC is a 501(c)(3) Illinois nonprofit organization. All programs and services are free and available to all. For more information, visit www.fachic.org.

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