



Tamra Ryan (right) CEO of Women's Bean Project, with Abok, a recent graduate of the Denver-based program.

WW
woman to watch

From the street to the workplace

TAMRA RYAN is CEO of the Women's Bean Project (WBP), a human-services organization tucked inside a business that sells bean soups and other dry food products. WBP provides a safe environment for impoverished women—including former felons, domestic abuse victims, and recovering addicts—to learn how to succeed in entry-level jobs. Here, Ryan's insights on lifting women out of poverty.

"A JOB CAN CHANGE A WOMAN'S LIFE FOREVER.

And when you purchase a product from WBP, you're giving her a job. Shelters and

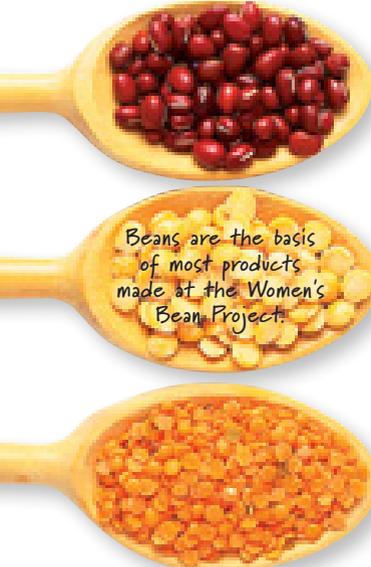
soup kitchens certainly help, but they don't break the cycle of poverty. Women work full-time here for six to nine months and acquire hard skills—making products, working in our retail shop, shipping, and marketing—as well as soft skills like problem-solving, budgeting, basic computer skills, and how to interview for a job. The goal for our graduates is not only to secure gainful employment but also to become great employees. On average, 70 percent go on to jobs in the community. One year later, 93 percent are still employed.

"BELIEVING YOU ARE WORTHY OF A BETTER LIFE CREATES CHANGE.

Our messaging has a lot in common with that of Weight Watchers. You have to believe you deserve more. We teach the importance of setting goals; every Monday, our workers declare a personal goal, a work goal, and a long-term goal. We celebrate small successes and create accountability. We do that not only by paying above minimum wage, but also by offering merit pay every payday.

"PEOPLE ARE OFTEN TOLD, 'PULL YOURSELF UP BY YOUR BOOTSTRAPS.'

But it's unimaginably hard to get a job when you've never had one and have a history of drug abuse or incarceration. We must change our attitudes toward our poor communities—so we can all move forward together."



FOR KIDS OF PARENTS ON THE PLAN

The latest entry in the boxed home-delivery meal trend, NurtureLife brings a week's worth of healthy baby and kids' meals to your door. Starting at \$45 per week, nurturelife.com.

SMOKIN' GOOD

Some of your favorite products are jumping on the smoked-food bandwagon, and that's great news: Smoking gives flavor a mega-boost without adding a single SmartPoint value. Check out these new offerings:



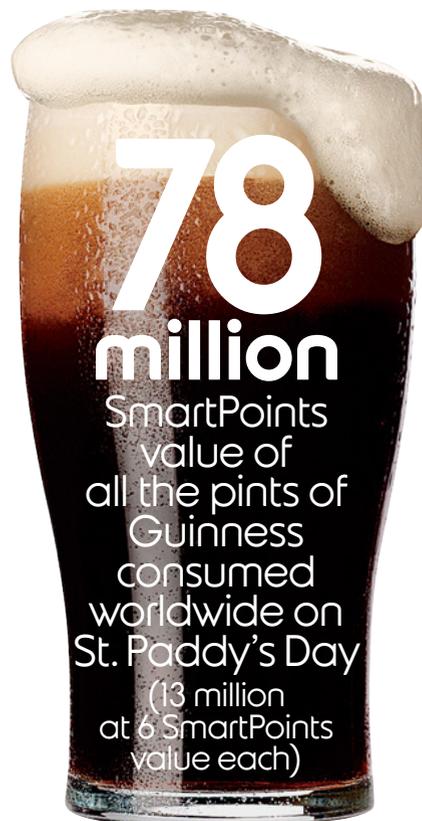
• **Sullivan Farms Mustard with Smoke** offers a sweet, spicy, smoky pop to anything—and everything. \$13, sullivanfarmsfoods.com.



• **Gaea Smoked Eggplant Spread** has a rich, intense flavor that's ideal for slathering on crusty bread, or to top meatballs or fish. \$3, gaeaus.com.



• **Hamptons Salt Company** offers a range of smoke-infused salts: Smoked Hickory, Smoked Bacon, Smoked Mesquite, and more. \$22–\$25, hamptonsalt.com.



APP WE ♥ LiveHealth Online

A doctor is always available on your smartphone or tablet, at livehealthonline.com (free iOS and Android). Ideal for non-emergencies, the service costs \$49 per virtual visit (or less, depending on your health plan).

"We don't have to achieve whatever we are seeking in one mighty leap. That's overwhelming—and unrealistic."

—Misty Copeland, principal dancer at American Ballet Theatre



From *Ballerina Body: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You* (Grand Central Life & Style, March 2017).