

To raise Healthy Kids it takes Community effort and support!

“30+5”, a health intervention service aimed at middle school youth, is encouraging local vegetable gardeners and farmers to **donate surplus produce** from their gardens to local schools. Nancy Schaefer, Program Coordinator for 30+5 said, “Our schools are stretching their budgets to the limit; just like the rest of us they feel the repercussions of high oil prices”. The supplemental produce received now will allow for fresh and local foods to be incorporated into the school day, in addition, donations received during this time will help school cafeterias to budget funds for the purchase of fresh produce during the rest of the school year. Schaefer adds, “If you find during August, September, and October that you have extra produce on hand, your local school would like to incorporate it into school lunches and snacks. For Springfield, please call Carolyn Scully, Cafeteria Services Manager, at 885-7979. For Windsor, please call Bob Cerra, Cafeteria Services Manager at 674-6344”. 30+5 is a project of the Precision Valley Physical Activity and Nutrition (PAN) Consortium through a grant from the U.S. Health Resources and Services Administration and administered by Southern Vermont Area Health Education Center. Nancy Schaefer can be reached by calling 802-885-2126.

Editors:

For more information about this and other activities, please call 30+5 @ 802-885-2126