

*** FOR IMMEDIATE RELEASE***

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HOW MANY SERVINGS ARE YOU EATING?

Help nourish kids with local produce!

Did you know that the average adult should be eating 6-10 servings of fruits and vegetables a day and only eats 2-3 servings? And that children should get 5-9 servings of fruits and vegetables a day and only eats 2? How can we help change this?

It is just about planting time for this year's garden. 30+5 is asking all enthusiastic gardeners to plant an extra row of produce this year for their local school. To help your cafeteria service provide high-quality nutritious foods, when late August harvest comes up, donate your surplus vegetables. Not only will the children enjoy feasting on local crops, but money saved by the schools will be spent towards the purchase of other healthy foods during the rest of the school year.

The 30+5 program, a Health Resources Service Administration (HRSA) federally grant-funded obesity prevention program, has worked with youth in Springfield, Windsor, and Bellows Falls during the last 4 years. One of our projects has been cooking and taste testing fresh produce with school youth. This has proved to be fun and successful, and more importantly, this experience has exposed palates to new and healthy foods that they like! One of our missions has been to increase access to fresh produce for youth, but first we wanted to make sure youth were familiar with these healthy and delicious foods.

By growing a garden, your family can enjoy fresh produce for your own table, and the extra in your late harvest season can go to your school. Regulations allow schools to accept this donation, though they cannot accept donations of processed foods. For example, the school can gladly accept your tomatoes, but they cannot accept your canned tomato sauce.

So increase your servings of fruits and vegetables and get at least 5-6!

If you are interested in donating produce to Springfield schools contact Carolyn Scully at 802-885-7979; for Bellows Falls call John Ayer at 802-463-3944. For other locations, contact your school and ask for the cafeteria service.

If you would like more info on 30+5, please call 802-885-2126 ext 206 or visit us on-line at svahec.org.

Editors:

For more information about this and other activities,
please call 30+5 @ 802-885-2126 x. 206