

Good for You, Martin County, July 19

By reader submitted

Friday, July 17, 2009

Port Salerno Elementary gets Healthy Kids grant

The Education Foundation of Martin County secured a \$10,000 Champions of Healthy Kids Grant from the General Mills Foundation in recognition of Port Salerno Elementary School's efforts to promote positive physical activity and healthy food choices among its students by creating and implementing the "30-Minute Club" as part of the daily routine. In response to a growing trend of obesity, lack of physical activity among our youth and a need for improved nutrition, this program promotes positive change in daily eating and activity patterns by providing students with the opportunity to participate in these activities during the regular school day at no additional cost to families.

The General Mills Foundation, in partnership with the American Dietetic Association Foundation and the President's Council on Physical Fitness, developed the Champions for Healthy Kids grant program in 2002. Each year since inception, the General Mills Foundation awards 50 grants of \$10,000 each to community-based groups that develop creative ways to help youth adopt a balanced diet and physically active lifestyle.

For more information or to help an educational enrichment program in one of Martin County's public schools, contact Lisa Rhodes at LRhodes@EducationFoundationMC.org or (772) 219-1200, ext. 30417.

