



FOR IMMEDIATE RELEASE

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REAL FOOD FOR KIDS KICKS OFF HEALTHY HABITS WELLNESS PROGRAM
AT LOUDOUN COUNTY'S SULLY ELEMENTARY SCHOOL OCT. 23

Real Food For Kids (RFFK) kicks off a year- long in-school pilot nutrition program, Real Food For Kids: Healthy Habits at Sully Elementary School in Sterling, VA. during its fifth annual Food Day celebration on October 23. The event, scheduled from 9:00 a.m. to 11:45 a.m., is for Sully students, parents and teachers.

Real Food For Kids: Healthy Habits is devoted to helping students learn about the importance of eating whole foods, limiting highly processed foods in their diets and incorporating healthful activity into their daily lives. RFFK partnered with George Mason University (GMU) Nutrition Department and local businesses to bring this program to the students and teachers at Sully throughout the school year. In addition, they will hold parent workshops on preparing affordable, nourishing snacks and meals at home. GMU will also help assess and measure the program's outcomes. This will be RFFK's first venture into bringing a year-long integrated nutrition and wellness program into Loudoun County school classrooms.

The program grew from the desire to build on the impact of RFFK's yearly Food Day events. It observed that kids had a great time and were inspired as they sampled the healthful and delicious food and took part in demonstrations that illustrated benefits of exercise and eating well.

Indeed, this year's Food Day will begin with Chef Davis Guas of Bayou Bakery and the Travel Channel's *American Grilled* getting some little hands to help make RFFK's signature BIG SALAD (kiddy-pool sized). Chef and storyteller Jonathan Bardzik will show students how to make tasty and healthful breakfast items, and there will be food samplings from William Sonoma, a nutrition workshop with GMU students, Zumba with Irene Saucedo, yoga instruction from The OM Yoga Center, tips on bike and helmet safety with Safe Routes To School and Spokes Etc. from Leesburg and a "Dump the Junk" presentation from Food For Thought Initiative-Loudoun. Finally, along with giveaways, INTTotal Health will bring its "Fun Bus" with interactive wellness games. Some very special guests from Willowsford Farm will round out the activities.

RFFK sponsored another Food Day celebration at Sleepy Hollow Elementary School in Falls Church on October 2 where it is also piloting Real Food For Kids: Healthy Habits. RFFK plans to roll out Real Food For Kids: Healthy Habits to more Loudoun and Fairfax county schools next year.

About Real Food For Kids

As the local face of the national school wellness movement, Real Food For Kids is committed to working in collaborative ways to increase the quantities of healthy foods in our school systems and communities, as well as creating and supporting programs that educate our students and their families on making healthier lifestyle choices. Real Food For Kids has successfully advocated for changes to school food programs, aiming to find innovative ways to bring more fresh, less processed foods to students. For more information, please visit: www.realfoodforkids.org