



**FOR IMMEDIATE RELEASE**

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## **Mount Eagle Elementary School Hosts Food Day Event**

Real Food For Kids, the parent advocacy group working to improve school food in Fairfax County Public Schools, held its fourth annual Food Day event at Mount Eagle Elementary School in Alexandria, VA, on October 24, 2014. All of the school's more than 400 students participated in the event. The students were guided through a series of activity stations, each designed to educate and communicate the importance of food choices and their impact on their academic performance and physical fitness.

The students heard from local chef David Guas of [Bayou Bakery](#) who helped the students make a delicious salad as he engaged the students in a discussion about its ingredients. [Mom's Organic Market](#) provided the produce as Michael Kiss talked to the students about where their food comes from. DC-based cook Jonathan Bardzik talked about the importance of breakfast. He showed them how easy it is to make fresh applesauce and provided them with lots of topping ideas for their morning oatmeal. Liza Moran of [Williams-Sonoma](#) showed the students how to create trail mix using readily available ingredients that can be found in most grocery stores. Mount Eagle is a Title 1 school where over 70 percent of its students are eligible for the free-and-reduced lunch program, a federal measure of poverty. Nutrition and fitness activities were structured to be applicable to these students' every day life. Other stations featured yoga with [Heart and Soul's](#) Mary Beth Quick, physical fitness routines with [Jennifer Rapchak](#) of Gold's Gym, food allergy information with chef [Diana Nash](#), and helpful tips from sports nutritionist [Elizabeth Credi](#).

“All of the presenters were outstanding,” said Mount Eagle Principal Jean Consolla. “Every station was a hit, and the feedback from the teachers and kids was nothing but positive.”

“I was thrilled to see the excitement and enthusiasm of the Mount Eagle students for the new and different healthy food options offered at the Real Food For Kids’ Food Day,” said school board member Sandy Evans, a long-standing supporter of Real Food For Kids. “The kids flocked to the many new choices and seemed to enjoy them all. I’d love to see more of these events at our schools.”

[Food Day](#) is the creation of [Center for Science in the Public Interest](#) that was designed as a nationwide campaign to promote healthy, affordable and sustainable food.

[Real Food For Kids](#) (RFFK) was established four years ago to address the quality of food served in Fairfax County Public Schools cafeterias and school programs and to advocate for fresher choices. A 2012 audit of FCPS Food and Nutrition Services (FNS), brought about through RFFK’s advocacy, is the basis for changes coming to the school system this year. Among those changes are fresh food bars in all Fairfax County high and middle schools by the end of the 2014-2015 academic year and a pilot program to install similar bars in elementary schools. FNS also hired, as a result of the audit finding, a community engagement officer who will focus on public relations initiatives, nutrition education and oversight of school programs. Last year RFFK also initiated a healthy vending pilot to completely remove soda from student access that will also be in place in all high schools by the end of this year. Visit [www.realfoodforkids.org](http://www.realfoodforkids.org) for more information.



