

FOR IMMEDIATE RELEASE

Press contact:
Kathryn Luwis
Real Food For Kids
mediarelations@realfoodforkids.org

Real Food For Kids is Awarded a \$25,000 Grant from the Sampson Foundation in Support of Its Efforts to Improve School Food

April 8, 2013---The Myles D. and Faye J. Sampson Foundation has awarded **Real Food For Kids** a grant in the amount of \$25,000 to fund its events and programs over the next 12 months. The grant will allow the grass-roots parent advocacy group to continue its work with Fairfax County Public Schools to move towards more fresh, whole foods and away from highly processed foods.

The Sampson Foundation, based in Pittsburgh, PA, focuses primarily on issues of student health and integrative medicine. According to Executive Director, Holli Rivera, "The Sampson Foundation is honored to support the work of Real Food For Kids. Healthful nutrition is the fuel for our children's physical, mental and emotional well-being. Chemical additives and empty calories negatively impact concentration, memory and stamina. Every child deserves better in their quest to learn and grow. We highly respect the collaborative, practical and solutions-oriented approach taken by Real Food For Kids. They have engaged the entire community in caring for its youth."

JoAnne Hammermaster, president and co-founder of **Real Food For Kids**: "We are so grateful to have this partnership with The Sampson Foundation. It's a perfect fit. We share similar goals and values and we both understand what a profound impact health and nutrition can have on learning. We will use the funds wisely as we continue to work toward positive change in school food."

One of **Real Food For Kids'** upcoming projects is their 3rd annual Food Day event. ([Food Day](#) is a nationwide celebration sponsored by the Center for Science in the Public Interest.) Each Food Day, **Real Food For Kids** finds innovative ways to educate, motivate and inform students, parents and teachers. This year's event, with its emphasis on school gardens and sourcing whole foods, will take place at Hollin Meadows Elementary School on Monday, October 28, 2013. Hollin Meadows parent and RFFK member Mary Porter said that the school is very excited about hosting the event. "**Real Food For Kids** has strong support in the Mount Vernon district and this is a chance to further engage that community. We're always delighted to share our gardens and outdoor education program with neighbors. This will be a fun event and will offer opportunities for students, parents and teachers to learn more about the impact of good nutrition and physical activity on academics."

About Real Food For Kids

As the local face of the national wellness movement, **Real Food For Kids** is committed to working in collaborative ways to increase the quantities of healthy foods in Fairfax County Public Schools and supporting programs that educate students and their families on making healthier lifestyle choices. The parent advocacy group has successfully advocated for an independent assessment of the current school food program, aiming to find innovative ways to provide fresh, whole foods to students. Strong school board support has enabled the group to pass an amendment to retrofit a kitchen in a local Fairfax high school. This pilot program will test scratch cooking with the aim to grow the initiative throughout the county over the next several years. More information on **Real Food For Kids** is available at www.realfoodforkids.org.