

Delaware General Health District

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NEWS RELEASE

CHILD OBESITY PREVENTION GRANT CHALLENGES BUCKEYE VALLEY STUDENTS TO EAT MORE FRUITS AND VEGGIES

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FOR IMMEDIATE RELEASE

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DELAWARE, Oh., May 6, 2009 – Mrs. Diane Welker’s 3rd grade class at Buckeye Valley North Elementary and Mrs. Jen Barnett’s 4th grade class at Buckeye Valley East Elementary celebrated winning their schools’ Fruit and Veggie Challenges by eating more fruits and veggies.

The “Get At Least 2 Servings At School” Fruit and Veggie Challenge is part of an ongoing child obesity prevention initiative of the Delaware General Health District, funded by the United Way of Delaware County. The initiative was undertaken because 30 percent of Delaware County’s elementary and middle school students are overweight or at risk for overweight, Health District surveys show.

For three days in March, BV North and East schools treated their students with an extra healthy fruit or veggie snack during the school day—apple slices, baby carrots, orange wedges or small bunches of grapes. Colorful posters, student announcements and classroom competition helped encourage the students to eat at least two servings a day at school as each classroom tracked their total number of servings.

The more healthy servings each class charted, the more entries they got in a final drawing for the grand celebration treats. In the end, Mrs. Welker’s class won a fruit smoothie and fresh veggies celebration freshly prepared by Kay Honeker, BV North’s head cook. Mrs. Barnett’s class won fresh fruit cups and healthy milk shakes prepared by Mary Lou Bailey, BV East’s head cook. Students at both schools learned hands-on lessons about the importance of eating fruits and vegetables as they challenged each other to eat healthier.

“It takes the whole school coming together to pull off a fun and healthy event like the Fruit & Veggie Challenge,” said Connie Codispoti, MS, RD, LD, Public Health Dietitian for the local Health District. “The classroom is linked to the cafeteria, the kids share healthy eating with their adult role models, and powerful learning is still fun. You can’t beat that.”

Codispoti helps schools participating in the Health District’s child obesity prevention initiative organize these all-school health education events.

[CUTLINES for attached photographs:]



Students in Mrs. Diane Welker's third grade class at Buckeye Valley North Elementary School in Radnor show their winning classroom fruit and veggie tracking chart. The class won their school's 3-day healthy eating challenge prize, fruit smoothies and veggies with dip.



Mrs. Jen Barnett's fourth grade class at Buckeye Valley East Elementary School in Ashley ate their school's prize for winning a 3-day healthy eating challenge. The prize was fruit cups and healthy milk shakes.