

Delaware General Health District

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NEWS RELEASE

CHILD OBESITY PREVENTION GRANT CHALLENGES BIG WALNUT STUDENTS TO EAT MORE FRUITS AND VEGGIES

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FOR IMMEDIATE RELEASE

PHOTOS ATTACHED

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DELAWARE, Oh., May 22, 2009 – Mrs. Rina Hoge’s 5th grade class at Harrison Street Elementary, Mrs. Rhonda Corven’s 5th grade class at Big Walnut Elementary and Mrs. Jean Minor’s 2nd grade class at Souders Elementary recently celebrated winning their schools’ recent Fruit and Veggie Challenges.

The “Get At Least 2 Servings At School” Fruit and Veggie Challenges are part of a child obesity prevention initiative of the Delaware General Health District, funded by the Health District and United Way of Delaware County.

For three days these elementary schools in the Big Walnut School District treated their students with an extra healthy fruit or veggie snack during the school day—apple slices, baby carrots, and small bananas. 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, all three classes won a fruit smoothie and fruit skewers celebration freshly prepared by Beth Grove, head cook at Harrison Street, Judy Lewis, head cook at Big Walnut Elementary, and Jeannie Blevins, head cook at Souders Elementary. Overall, the entire student body at all three 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. “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.



Students in Mrs. Rina Hoge's fifth grade class at Harrison Street Elementary School in Sunbury show their winning classroom fruit and veggie tracking chart. The class won their school's 3-day healthy eating challenge prize: fruit smoothies and fruit skewers.



Mrs. Rhonda Corven's fifth grade class at Big Walnut Elementary School in Sunbury ate their school's prize for winning a 3-day healthy eating challenge: fresh fruit and strawberry yogurt smoothies.



Mrs. Jean Minor's second graders at Hylan Souders Elementary School in Harlem Township surround their winning fruit snacks. The class won their school's 3-day healthy eating challenge prize: fruit smoothies and fruit skewers.