



March 18, 2011

Kids Eat Smart Foundation Newfoundland and Labrador

FOR IMMEDIATE RELEASE - Celebrating the Fourth Annual Kids Eat Smart Apple Day

Over 20,000 students, teachers, and volunteers helped celebrate Dietitians of Canada's Nutrition Month on Friday, March 18, 2011 with the fourth annual Kids Eat Smart Apple Day. With thousands of varieties of apples to choose from, Kids Eat Smart Clubs demonstrated their creativity by serving up different types of apples in unique and fun ways. Kids Eat Smart Foundation also provided schools with educational materials, like the Apple Tree of Knowledge, an interactive quiz about apples.

At Elizabeth Park Elementary in Paradise, 265 students enjoyed apple spice muffins, tortillas with apples and cheese, apples with yogurt, and milk to wash it all down. Kids Eat Smart Club Coordinator Bernadette Coady says "the kids thought it was fabulous!"

"Kids Eat Smart Foundation takes the opportunity each year to promote nutrition and well-being by placing the focus on the very symbol of good health, the apple," says Daphne LeDrew, Executive Director of Kids Eat Smart Foundation, "We are pleased to see participation in Apple Day increase every year as more children and youth become aware of the importance of good nutrition practices and realize that even fruit can be fun!"

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Kids Eat Smart Foundation Newfoundland and Labrador is an award winning charitable organization that supports 206 Kids Eat Smart Clubs, - nutrition programs for school-aged children and youth throughout Newfoundland and Labrador. The Clubs are run by volunteers and make nutritious food choices available to all within that community at no charge. Kids Eat Smart Foundation is supported by the Government of Newfoundland and Labrador, Department of Health and Community Services, as well as other corporate sponsors, organizations and individuals.

www.kidseatsmart.ca

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