



March 19, 2010

Kids Eat Smart Foundation Newfoundland and Labrador

FOR IMMEDIATE RELEASE – An Apple A Day...

Today is Apple Day! March is Nutrition Month and Kids Eat Smart Foundation Newfoundland and Labrador are celebrating their 3rd Annual Apple Day. Kids Eat Smart Clubs across Newfoundland and Labrador served up a healthy dose of apples this morning. The apple, a universal symbol of healthy eating, was used for apple pancakes, parfaits, smoothies, and lots of other fun and nutritious breakfast treats. 120 schools registered for Apple Day with thousands of students participating.

“Apple Day is a time to celebrate healthy eating, and what a better way to do that than with healthy, nutritious apples”, says Daphne LeDrew, Executive Director of the Foundation.

“This is our 3rd Apple Day and it gets bigger and better every year with more and more Kids Eat Smart Clubs and students participating. It shows that kids are getting excited about nutrition and that is exciting to us here at the Foundation.”

Kids Eat Smart Foundation Newfoundland and Labrador is an award winning charitable organization which partners with schools, communities, volunteers and sponsors to set up and support nutritious food programs, called Kids Eat Smart Clubs, to provide school children with a healthy, no cost breakfast, lunch or snack. For more information on Kids Eat Smart Clubs or to volunteer, visit www.kidseatsmart.ca. Kids Eat Smart Foundation is supported by the Government of Newfoundland and Labrador, Department of Health and Community Services, Bell Aliant, as well as other corporate sponsors, organizations and individuals.

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