



MEDIA RELEASE

For Immediate Release

Smoothies all around...

October 11, 2013, St. John's - To wrap up Kids Eat Smart Week, Kids Eat Smart Foundation in conjunction with Heart and Stroke Foundation held a smoothie day at Holy Cross Elementary School.

With the help of Sobeys, who provided all of the fresh fruit and yogurt, volunteers and staff of both organizations started their blenders at 7:30 a.m. making 130 smoothies for the children at the school when they arrived for class.

"The event was a joint effort of Kids Eat Smart Foundation and the Heart and Stroke Foundation," said Celina Stoyles, Executive Director, Kids Eat Smart Foundation. "This is the second time both organizations have come together to do such an event and it provides another avenue to help us get our message of healthy eating to school age children," she said.

Heather Percy, Health Promotion and Resuscitation Director for the Heart and Stroke Foundation was pleased with the students' reaction to the smoothies. "We were pleased to work with the Kids Eat Smart Foundation again this year, and delighted to see how excited the children were to have a treat before the school day began. Part of the Foundation's mission focus is to ensure that our children and youth have the best possible start for a long healthy life, and we recognize the clear links between good nutrition and academic performance."

Kids Eat Smart week wraps up today. However, with 228 Kids Eat Smart Clubs in Schools and Community Centres across the province, the work of ensuring children are well nourished and ready to learn will continue throughout the school year.

Kids Eat Smart Foundation Newfoundland and Labrador is a registered charity that works to ensure children throughout the province attend school well-nourished and ready to learn. Kids Eat Smart Foundation provides grants for food and equipment, an operating structure and supports for volunteers in nutrition education, menu-planning, and fundraising.

The Heart and Stroke Foundation's mission is to prevent disease, save lives and promote recovery. A volunteer-based health charity, we strive to tangibly improve the health of every Canadian family, every day. 'Healthy lives free of heart disease and stroke. Together we will make it happen'. Heartandstroke.ca

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