

Healthy Kids Community Challenge Leeds & Grenville

MEDIA RELEASE



Veggies n' Fruit Community Boost Initiative Awardees Announced

Healthy Kids Community Challenge Leeds and Grenville is pleased to announce the awardees of the *Veggies n' Fruit Community Boost Initiative*. This initiative is designed to engage communities around the third theme of the Healthy Kids Community Challenge: **Choose to Boost Veggies and Fruit**. Approximately \$55,000 has been awarded to thirteen recipients across Leeds and Grenville to implement initiatives that help create supportive environments for healthy eating.

With funds made available through the Ontario government, the Veggies n' Fruit Community Boost Initiative allows communities to positively impact children's health by introducing community based projects that encourage kids and families to make vegetables and fruit a part of every meal and snack. Vegetables and fruit contain important vitamins, minerals, and fibre that kids need to stay healthy.

"We are thrilled to see so many unique and exciting initiatives in our community that will create more opportunities for children and families to access vegetables and fruit," says Joanne Desormeaux, Healthy Kids Community Challenge Facilitator in Leeds and Grenville. "Some initiatives include community gardens, school gardens, community kitchens, cooking classes, and even a community mock restaurant experience", says Desormeaux.

The following recipients have been awarded funding through the Veggies n' Fruit Community Boost Initiative:

- Youth Employment Assistance Headquarters
- Brockville and District Association for Community Involvement
- Rideau Lakes Public Library
- Developmental Services Leeds and Grenville
- Académie catholique Ange-Gabriel
- Pineview Public School
- Leeds and Thousand Islands Public Library
- Rideau Vista Public School
- Cardinal Youth Centre
- Sweet's Corners School Parent Advisory Council
- Brockville Public Library
- Township of Leeds and Thousand Islands
- Meadowview Public School.

Getting the whole community involved to positively influence health outcomes for children and families is at the foundation of the Healthy Kids Community Challenge. The Veggies n' Fruit Community Boost Initiative builds on this foundation and allows our community to create supportive environments for healthy living.

To learn more about the Veggies n' Fruit Community Boost Initiative and the Healthy Kids Community Challenge, please visit www.healthykidslg.ca. Like us on Facebook at <https://www.facebook.com/healthykidslg/> and follow us on Twitter at <https://twitter.com/healthykidslg>. Each initiative will be highlighted weekly on our social media

Leeds and Grenville is one of 45 communities across Ontario taking part in The Healthy Kids Community Challenge (HKCC). The Healthy Kids Community Challenge unites communities with a common goal of promoting children's health through physical activity and healthy eating. Healthy Kids Community Challenge Leeds and Grenville Steering Committee membership includes regional partners in health, education, recreation, private and non-profit sectors.

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The Health Unit is one of many partners of this program.

Joanne Desormeaux, Healthy Kids Community Challenge Facilitator, 613-258-5941.

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Video and audio clips are available by contacting Susan Healey, Communications Coordinator, 613-802-0550