

Grant awarded for school nutrition

Wood River Women's Charitable Foundation donates \$35K

By EXPRESS STAFF

The Community School announced on Tuesday that the school, along with Nurture Idaho and the Blaine County Education Foundation, has been awarded a \$35,000 grant from the Wood River Women's Charitable Foundation to promote healthy nutrition programs for children.

The award will allow continuation of a Nurture Idaho "Food and Fun" program that was launched at Community School in 2011 and expanded to include the Blaine County School District in 2012. Through the program, Nurture instructors teach children to make healthy food choices.

"It's more than simply forcing students to eat their vegetables," Community School Elementary School Head Janet Salvoni stated in a news release. "It's introducing them to new foods and explaining to them why an apple is a better choice for a snack than a cookie, and showing them how food can make a difference in how they feel."

The Food and Fun program focuses on teaching children from kindergarten through the fifth grade "about eating from the rainbow," which means selecting foods with rainbow colors for better nutrition.

Administrators of the Sun Valley private school hope that after children complete the Food and Fun program they will be more likely to pick fruit and vegetables for snacks and lunches.

Nurture Idaho, a nonprofit

organization with a mission to teach children and family healthy food choices, will conduct its third year of Food and Fun at the Community School this coming school year.

The program will be conducted through the Blaine County Education Foundation at the Blaine County School District for a second year.

"My favorite thing was letting kids know that healthy foods can be fun and tasty," said Brad Stansberry, a Hemingway Elementary School fifth-grade teacher and a board member of the Education Foundation. "The Food and Fun program begins a dialogue about nutrition with kids that otherwise might not occur."

"It's more than simply forcing students to eat their vegetables."

Janet Salvoni
Community School

The Community School reported that the Food and Fun program will serve about 780 children this coming school year and will be offered at all elementary schools in the School District.

The grant will mainly cover the cost of Nurture Idaho's instructors and curriculum. The Community School reported that it will use some of the grant money to upgrade the school campus garden.



Courtesy photo

Community School student Alexandra Thomson, then a kindergartener, is shown at Rainbow Day last September. Rainbow Day is an event that encourages students to eat healthy foods from every color of the rainbow.