

---

# NUTRITION PROGRAM REACHES OUT TO BLAINE COUNTY CHILDREN

TIMES-NEWS

**SUN VALLEY** • Community School, Nurture Idaho and the Blaine County Education Foundation have received a \$35,000 grant to continue programs to teach children to make healthy food choices.

The money comes from the Wood River Women's Charitable Foundation.

Nurture launched a "Food and Fun" pilot program at Community School in 2011, with instructor using positive messages to empower stu-

dents to eat well.

"It's more than simply forcing students to eat their vegetables," said Janet Salvoni, elementary school head for the Community School. "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."

Students in kindergarten through fifth grades learn about eating "from the rainbow," what foods will fuel

them through their busy days, how to use portion sizes, why water is better than sugary beverages and how important breakfast is for health.

This will be the third year for Nurture's Food and Fun program at Community School. The program expanded to include the Blaine County School District in 2012.

"My favorite thing was letting kids know that healthy foods can be fun and tasty," said Brad Stansberry, a fifth-grade teacher at Hemingway

Elementary School and board member of the county's Education Foundation. "The Food and Fun program begins a dialogue about nutrition with kids that otherwise may not occur."

Food and Fun will serve more than 780 children and their families this year, for 2,880 total residents affected by this program. Food and Fun will be offered at all elementary schools in the Blaine County School District during the upcoming school year.