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Food Brings Hope hosts 'Nutrition Day'

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DAYTONA BEACH – Food Brings Hope, a charity dedicated to breaking the hunger cycle among children enrolled in Volusia County Schools, brought its annual "Nutrition Day" Feb. 13 to Westside Elementary School.

More than 180 students from Westside and Pierson elementary schools enjoyed a day of fun, food and healthy lifestyle instruction.

FBH Nutrition Day 2014 featured an animated discussion led by Judi Boone, a certified personal trainer and nutrition coach; an entertaining and lively Zumba class by Quanita; sports drills by members of the ERAU basketball team; and of course, a hearty hot dinner served by a crew of volunteers.

"At Food Brings Hope, we believe that by informing kids about proper nutrition and healthy choices when they are young, they will create better habits as they grow up." said Forough B. Hosseini, founder and chair. "Further, we feel this affects change not only among this group of students, but also their family members, now and for generations to come."

The Volusia County school children participating in Nutrition Day included a contingency from Pierson Elementary.

Their chaperone, Caryn Clarke, a school counselor and leader of the FBH Kid Zone program at Pierson, said, "Our students absolutely love this. The fifth-graders who attended last year told our younger students what to expect and how much fun it is. They are doing things at this event they would never be exposed to otherwise. It really does wonders for their self esteem."

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Photo provided by Food Brings Hope
 Students from Westside and Pierson elementary schools receive a healthy dinner during Food Brings Hope's "Nutrition Day."