

Food Brings Hope hosts Nutrition Day at Volusia schools



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Photo provided by Food Brings Hope

Starke Elementary students (from left) Salvador Ramon, Efrain Estrada, Luis Lomeli, Paul Castro and Ashton Snook line up for their healthy snacks.

DAYTONA BEACH -- Food Brings Hope, a non-profit organization dedicated to breaking the hunger cycle among children enrolled in Volusia County Schools, recently brought Nutrition Day to students.

Nutrition Day included an animated discussion led by a certified personal trainer and nutrition coach, an entertaining and informative DVD and healthy snacks.

"At Food Brings Hope we believe no child should go hungry. But that doesn't mean filling them up with junk," said Forough B. Hosseini, founder and chair. "We feel that by informing kids about proper nutrition and a healthy lifestyle when they are young, they will create good habits they can employ the rest of their lives." Thirty-two students from Starke Elementary's program, Students Turning Around Reaching for Success, participated. These students are also part of Food Brings Hope's "Kids Zone" initiative.

Judi Boone, a certified personal trainer and nutrition coach and member of the Food Brings Hope advisory committee, led the discussion. On May 8, students from Osceola, Pierson and Starke elementary schools will visit Westside Elementary for a "Spa/Nutrition Day."

Nearly 200 students have been invited. The program will include a similar nutritional program with an early dinner. As an added treat, the students will receive pampering services (manicure, haircuts) courtesy of Marjan Salon.