



FOR IMMEDIATE RELEASE

## Food Brings Hope Hosts "Nutrition Day" at Westside Elementary



180 Elementary School Students Receive Instruction from Dedicated Volunteers about Making Healthy Choices

DAYTONA, February 17, 2014-- Food Brings Hope, a 501c(3) public charity dedicated to breaking the hunger cycle among children enrolled in Volusia County Schools, brought its annual "Nutrition Day" to Westside Elementary School on Thursday, February 13. 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. We are so thankful for all of our wonderful experts who volunteered their time to bring this important, fun and educational event to our students in need."

Quanita, of Quanita's Latin Dance and Ballroom, led the students in a high energy Zumba class, followed by some Tai Chi and deep breathing at the end of the sessions. She suggested the students employ deep relaxation breathing before their next test, to calm themselves and possibly remember the material better.

Members and coaches of the Embry Riddle Men's Basketball Team took the students through some sports drills, including a free throw contest on the basketball courts.

Nutritionist and personal trainer Judi Boone, used a stop light to explain the difference between Green Light, Yellow Light and Red Light foods, emphasizing that we should all strive to make healthy food choices. In her class, the students listened attentively and nearly all of them raised their hands to participate or volunteer. One of the most entertaining questions came from a young man who asked, "How come all of the bad stuff tastes so good and the good stuff tastes...kind of nasty?" Indeed. The adults in the room quietly chuckled, perhaps wondering the same thing themselves!

Kadaja, a fourth grader at Westside, said her favorite part was the Zumba class. "It was fun. I loved dancing really fast." The hardest part, she said, "was when we had to go slow," during the Tai Chi / relaxation portion.

Raven, a third grader at Westside, said the best part of the day was visiting the school cafe for a special meal. "I loved the macaroni and cheese." She added, "And the salad," possibly remembering what Ms. Judi told her about healthy, green light foods.

The Volusia County school children participating in Nutrition Day included a contingency from Pierson Elementary. Their chaperone, Ms. 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."

About ***Food Brings Hope***:

***Food Brings Hope, Inc.*** is a 501c(3) public charity that provides collaborative solutions for families with children who experience hunger due to homelessness, poverty, or unfamiliarity with community resources. Among other services, ***Food Brings Hope*** offers school based programs (termed "Kids Zone" or "Teen Zone" for the upper grades) that provide meals, tutoring and activities for at-risk students. It also facilitates enrichment activities such as Nutrition Days and Money Smart Banking Programs along with field trips to local educational destinations and events. At FBH, 100% of all donations go directly to programs that serve children in need.

For more information, visit [www.FoodBringsHope.org](http://www.FoodBringsHope.org). or contact Fay Theos, Executive Director at 386.453.1588 or [Fay@FoodBringsHope.org](mailto:Fay@FoodBringsHope.org)

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