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EVANS ELEMENTARY STUDENTS LEARN IT'S GOOD TO HAVE A "RAINBOW" ON THEIR PLATES TO ENSURE HEALTHY EATING

LIMERICK — The importance of eating five servings of fruits and vegetables daily was the lesson imparted on students through a program titled "There's a Rainbow on My Plate," which was held Sept. 27 and 28 at Evans Elementary School.

Sponsored by the Main Line Health Community Services Department, the program was presented to the school's second-graders to teach them the importance of eating a variety of different colored fruits and vegetables.

In addition, Evans Elementary School is also pleased to announce the implementation of an interactive "eat right" program that teaches all students about proper nutrition. Evans students are learning about the "Build A Tray" program in their cafeteria, which will help them learn more about food groups and quantities by putting the appropriate foods, in the proper amount, in the correct spot on their food trays.

"As children get older, they have more and more opportunities to make their own choices when it comes to snacks and meals, so it's important that they know early on the many benefits to eating fruits and vegetables on a regular basis," Evans Elementary School Nurse Laura McNeil said. "Programs like these help reinforce what we teach them in the classroom about healthy eating habits."

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Photo caption:

Rainbow plate 1 — Main Line Health Community Services Department Instructor Gretchen Skwer teaches Evans Elementary students the importance of having a diversified plate of fruits and vegetables.