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Ogden City, Utah School Winners of First Annual “Eat Smart, Get Moving” Contest

CHICAGO (July 17, 2007) – The school nutrition staff of Mt. View Elementary School in Ogden City, Utah are the winners of the first annual “Eat Smart, Get Moving” Contest sponsored by the School Nutrition Association and the National Dairy Council. The contest encouraged members of the School Nutrition Association (SNA) to serve as role models to students by making changes to improve their health by incorporating physical activity and good nutrition into their daily routine. Second place winners were a team of school nutrition professionals in the Lake City Area School District in Lake City, Michigan. The school nutrition staff of the Highpoint School of the Dexter Community School District, Dexter, Michigan, received third place.

First place winners received a \$200 spa gift certificate for each team member and 5 free registrations for the Association’s 2007 Annual National Conference in Chicago. All winning schools received a milk merchandiser valued at \$1,200. Additionally, the first place-winning district received a one-time Wellness Grant valued at \$5,000.

Over 90 teams participated the program, which took participants on a virtual “walk” from Los Angeles to Chicago and focused on the energy balance between food and physical activity to help one reach and maintain personal wellness. Participants were encouraged to work together towards meeting key recommendations such as eating more fruits, vegetables, whole grains, and low-fat dairy. While only three teams were recognized, all who participated in “Eat Smart, Get Moving” are winners, demonstrating individual and team commitment to health and wellness based on the Dietary Guidelines for Americans.

SNA is committed to supporting staff and employee wellness. Many of the local wellness policies implemented this past school year incorporate staff wellness as a key component in promoting healthy eating habits among children. “Eat Smart, Get Moving” will return next year, taking SNA members on a journey from Chicago through the Midwest and Southeast to reach Philadelphia, the site of SNA’s 2008 Annual National Conference. For more information visit www.eatsmart-getmoving.org. Funding for this program will again be made possible through a partnership with the National Dairy Council.

School Nutrition Association

SNA is a national, non-profit professional organization representing more than 55,000 members who provide high-quality, low-cost meals to students across the country. Founded in 1946, SNA is the only association devoted exclusively to protecting and enhancing children’s health and well being through school meals and sound nutrition education.

National Dairy Council

The National Dairy Council® was founded in 1915 and conducts nutrition education and nutrition research programs through national, state, and regional Dairy Council organizations, on behalf of America’s dairy farmers. For more information, visit www.nationaldairyCouncil.org.

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