



NEWS RELEASE

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Sandburg Elementary Students to Tour Oakland County Farmer's Market

September 8, 2009, Waterford, Mich. – Sandburg Elementary School Students will tour Oakland County Farmer's Market on Thursday, September 24, where they will learn how to pick fresh fruit and vegetables. Last school year, Blue Cross Blue Shield of Michigan awarded the Waterford School District and Sandburg Elementary School the Building Healthy Communities Grant in the amount of \$12,609. The purpose of this grant is to increase student knowledge about nutrition and increase student consumption of fruits and vegetables. The visit to the Oakland County Farmer's Market is one of the many projects outlined within the grant.

Two trips will be held that day with students arriving at 8:45 a.m. and 10:00 a.m., each lasting about an hour. Approximately 150 students on each trip will speak with vendors, who will share important educational information about their product and answer questions the students may have. At 2:00 p.m., all Sandburg students will watch a demonstration on making fruit kabobs and each will receive a sample.

Other projects within the grant include:

- The USDA Team Nutrition Program, which is nutrition education for children, was implemented school-wide
- A fruit cart delivers FREE fruits each Friday to classrooms
- English & Spanish Educational brochures about nutrition is distributed to families
- Students will learn how to make smoothies, fruit kabobs, and sauces with the various fruits and vegetables

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