



Town of Yountville
"The Heart of the Napa Valley"

MEDIA RELEASE

FOR IMMEDIATE RELEASE

Date: 2/01/10
Contact: Carol Rasmussen
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Subject: Childhood Obesity Epidemic

Yountville Parks and Recreation Department's After School Program takes action to help our Children live healthy lives

In response to our country's childhood obesity epidemic, the Town of Yountville Parks and Recreation Department's After School Program is kicking off this New Year with "A Healthy New Me Program". We have developed a program to educate students and their families about making better choices when it comes to nutrition and exercise. We have developed a daily snack menu with healthy choices using fruits or vegetables each day and providing whole grain as 50% of all grains we serve. The program each day encourages students to participate in at least 15 minutes of physical exercise.

As a result of our Healthy New Me Program, you will see our students taking daily walks through our town and enjoying all of our beautiful parks. We are proud to play an important role in helping our children grow up healthy and start a new cycle of healthy lifestyles.

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