



For Immediate Release
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Johnson and Wales Students Work to Inspire Kids in Denver's High Poverty Schools

Denver - Beginning this month, Get Smart Schools and Johnson and Wales University will launch an ambitious pilot to bring an intense focus on healthy foods into several high poverty Denver Schools. J&W interns will create a customized curriculum, and then go into schools to teach the classes.

This will include elements such as nutrition hot topics, label reading, the movie *Food Inc.* and cooking demonstrations. The students will also develop school "healthy" foodservice recipes and plant school gardens.

"Nutrition education plays an active role in achieving lifelong health and wellness. If students are knowledgeable about making healthy food choices; they will be better prepared to make informed decisions both now and in the future," said Lindsay Hucknall, Senior Consultant to the Colorado Department of Education's nutrition unit.

This project is important in the fight against obesity and for preventing diseases once only seen in adults. Students who eat well may perform better in school; have less behavioral issues and fewer absences.

Participating schools include AXL Academy, Denver Venture School, KIPP Colorado Middle School and High School, SOAR Elementary, and William Smith High School.

Get Smart Schools, a local non-profit working to create healthier schools is leading this project. GSS is committed to ensuring that all GSS schools are high-performing academically and providing students with the tools necessary to live healthy lives.

Other health-related initiatives that GSS is leading include Safe Routes to School, parent cooking classes, mental health enrichment programs, dental van visits and "healthy" theatre programs.

www.getsmartschools.org

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