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Franklin Central School Leads Fit & Healthy Kids School Wellness Awards

BURLINGTON – Katherine Alexander, food service director at Ferrisburgh Central School, recently critiqued a serving of macaroni and cheese, corn and a roll and concluded, “too much yellow and tan – we need green or a shot of red.”

As a strawberry landed on the plate, she was satisfied that lunch was ready to be served to the school’s 200 children. Ferrisburgh Central School’s dedication to serving healthy food each day is one reason they will be among the award winners honored Wednesday at the Vermont Association for Health, Physical Education, Recreation and Dance’s 10th annual intergenerational walk on the Statehouse Lawn in Montpelier beginning at 10 a.m.

More than 400 students are expected to attend.

“What you discover,” Alexander said, “when you take that leap and offer homemade fresh food and lots of vegetables in a way that is well prepared and well presented and beautiful, is how much kids appreciate good food.”

The Fit & Healthy Kids School Wellness Awards, presented by the Vermont Department of Health, Action for Healthy Kids Vermont, and the New England Dairy and Food Council will begin at 9:30 a.m. with the Vermont Lake Monsters mascot “Champ,” leading activities that include a whiffle ball machine. The awards recognize schools for their efforts in creating environments that support healthy eating and physical activity opportunities for all students.

Franklin Central School will be recognized as Vermont’s leading school for nutrition and physical activity programs such using locally grown food, and a school walking program. Bristol Elementary School will also receive an award for their program, which includes golf lessons, a walking course and a school garden.

The Fit & Healthy Kids initiative was started in 2003 by Gov. Jim Douglas to transform schools and communities into places where healthy lifestyle choices are easy. For more information about Fit & Healthy Kids, please visit healthvermont.gov.

Source: Department of Health

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