

\$15K in grants for 'Eat Well Play Hard' programs

The St. Lawrence Health Initiative's Eat Well Play Hard Program has awarded over \$15,000 to 16 recipients of the 2010 Eat Well Play Hard Grants.

Grants of up to \$1,000 each are awarded to support and even kick-start health initiatives.

These grants provide some of the funding for programs designed to improve the health of St. Lawrence County children and their families by increasing physical activity opportunities and encouraging increased consumption of fruits and vegetables.

The grant recipients in the Greater Canton-Potsdam area are:

- Canton Central School Garden Team, School Garden Project
- GardenShare, Inc., Healthy Bucks Program
- Helping Hands of Potsdam, Helping Hands Garden
- Lawrence Ave. Elementary School, Potsdam, Beyond the Gym Doors
- Lawrence Ave. Elementary School, Potsdam, Green

Cafeteria School Lunch Box Program

- Norwood-Norfolk Central School, Going Green with Garden Green
- Potsdam Building Blocks Day Care Center, Inc., Get Up and Dance
- St. Lawrence Central School, Healthy Bodies Healthy Minds II
- Sheard Literacy Center Mentoring Program, SUNY Potsdam, Incorporating Physical Activity & Nutrition into Literacy Education

To help family and group family day care providers implement physical activity and nutrition changes in their home-based settings, Eat Well Play Hard offered \$300 mini-grants to day care providers. They are:

- Kimberly Damon, Potsdam
- Nancy Murray, Leap High, Canton
- Kayc Stone, Cradles to Crayons, Potsdam

To learn more, go to www.getthehealthyslc.org or call 261-4760, ext. 16.

NCTW 11/20/10