



### Why is Nutrition Education Important?

Over the past several years there has been an escalation of national media coverage focused on the country's health crisis. From Michelle Obama's "Let's Move" campaign to Jamie Oliver's second foray into revolutionizing school food, the consequences of over-reliance on processed food in the diet have become visible on many levels.

### What is Food and Fun, and how is it related to Nurture?

Nurture is an Illinois-based non-profit organization founded by Kathryn Guylay to address issues including hunger, childhood obesity, wellness and an increasingly unhealthy food chain. Nurture's target focus is on low-income families with children at high risk for nutritional and health problems. Nurture is a 100% volunteer managed organization, fueled by passion and energy to help others.

Food and Fun is a volunteer, self-funded effort by Kathryn Guylay and parents from the Community School in Sun Valley, Idaho. This program runs for the 2011-12 school year and is based in part on Nurture's school curriculum, which is applicable to all socio-economic segments. The idea is to bring Nurture's positive messages about healthy eating and lifestyle to more children while evaluating the success of the curricula and delivery model.



**What is being covered in the "Food and Fun" program at Community School?** Messages are very positive and encouraging (not judgmental); no food is a "bad" food. The idea is for kids to have fun, learn, feel empowered about making good choices, and hopefully try some new things!

See below for an outline of topics covered during Food and Fun in the 2011-12 school year. For more information about Food and Fun, please contact Kathryn Guylay at [KG@nurtureyourfamily.org](mailto:KG@nurtureyourfamily.org)

Go foods/ slow foods

Breakfast

Thankful for Food

Wholesome Whole Grains

Sugar Sugar

Eat a Rainbow

Portion Distortion

Ingredient Spelling Test

MyPlate

Better Beverages

What's on your Plate/Where does food come from?

Sensational Snacks