



PRESS RELEASE FOR LOCAL MEDIA

Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"

For more information, please call: (989) 773-5921 ext. 8440
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, www.cmdhd.org

To: All Media

From: Sarah M. Kile, CMDHD

RE: Improved Access to Healthy Food

Release Date: June 24, 2013

"Local School Improves Access to Healthy Food"

With help from Central Michigan District Health Department, the Harrison Community Schools is starting a garden to make sure their students have access to fresh, local and healthy food!

The Central Michigan District Health Department (CMDHD) has helped fund local school projects to improve students' access to healthy food. Harrison Community Schools, one of CMDHD's partners, has been working for months to write and implement a policy that allows them to plant raised garden beds, berry bushes and fruit trees. These will allow students at Harrison Community Schools to have better access and experience with growing produce. Foods grown in this "edible school yard" will be used mainly in the school cafeteria and snack lines, which are available to students in all grades K-12. When possible, excess food, or food that is harvested outside times students are in school will be frozen to be used during times when students are in school. This is a great example of how CMDHD and its partners are working to improve health and reduce obesity by creating healthier communities.

Funding for these school projects comes from a Community Transformation Grant for small communities from the Centers for Disease Control and Prevention. This grant provides funding to implement aspects of the CMDHD Community Health Improvement Plan to improve nutrition and physical activity and reduce obesity in central Michigan.

If you would like an opportunity to get involved to increase access to healthy food, consider joining Together We Can. Together We Can is a community project aimed at improving health status in the central Michigan counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. For more information LIKE Together We Can Health Improvement Council on Facebook, visit our website at www.together-we-can.org or email us at

TogetherWeCan@cmdhd.org.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org and LIKE Central Michigan District Health Department on Facebook.

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