

Media Release

Contact:

Jordan McCormick, Assistant Director

Jordan.McCormick@SanfordHealth.org

701.234.7642

Family Wellness Expands Healthy Cooking In The Classroom to All Fargo Public Schools

October 6th, 2017 -- (Fargo, ND) Family Wellness is excited to announce the expansion of the Healthy Cooking in the Classroom program to all Fargo Public Schools for the 2017-18 school year. This expansion will allow for 4th and 5th graders in all 14 Elementary Schools in the Fargo Public School District to have hands on cooking instruction in the classroom.

Healthy Cooking in the Classroom is part of the Inspire Wellness Initiative. This helps people Cook Well, Move Well and Live Well for life. Cook Well encourages better food choices through healthy cooking skills.

In the 2016-2017 school year, Family Wellness impacted over 2,000 students and taught children many different food preparation skills such as: opening cans, slicing, mixing, dry and wet measuring, and heat element safety. The Healthy Cooking in the Classroom program is now in the health curriculum for all 4th and 5th grade students in the West Fargo and Fargo School Districts.

This program is provided at no cost to students or their families and is funded by the FM Area Foundation, Dakota Medical Foundation, Scheels and Family Wellness through the Inspire Wellness Initiative.

Family Wellness, LLC, is a partnership between Sanford Health and the YMCA of Cass and Clay Counties. Together, we are dedicated to inspiring healthy lifestyles by connecting people in a fun environment.

###