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Press Release

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FOR IMMEDIATE RELEASE

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Goleta's Bragg Health Institute Educates Goleta School Children about Good Nutrition and Organic Produce

Goleta, CA --- A Goleta-based nonprofit, the Bragg Health Institute is partnering with the Goleta Union School District in educating the school district's students about the importance of good nutrition and eating organic produce. The Bragg Health Institute and its health education team is providing this program to Goleta schools as part of its health mission outreach to the community which is funded in part by an educational grant from Venoco, Inc.

The focus of the nutrition education is to teach children about the importance of eating more fruits and vegetables and how organic farming plays an important role in environmentally-friendly, healthy plant foods. The program also takes off on the theme of "bring a farmer to school" concept of educating school children of where healthy plant foods, such as fruits and vegetables come from. Sergio Gluschankoff of Goleta's newest organic farm, Synergy Organic Farm, located on the property of the Bragg Organic Farm located at 183 Winchester Canyon

Road, will lead the school children in a discussion and educational presentation on growing organic vegetables and fruits. This will be followed by nutrition education by Bragg Health Institute nutritionists and health educators Patricia Bragg and John Westerdahl along with Goleta Union School District's Food Service Director and Registered Dietitian Sharon Baird.

Currently there is a national effort to educate school children of all ages about good nutrition due to a growing nation obesity epidemic among school-aged children. The Bragg Health Institute is dedicating its efforts to help in this effort in the Goleta and Santa Barbara School Districts. The Bragg Health Institute is a public nonprofit foundation which is an educational outreach associated with the Bragg Live Food Products company. Bragg Live Food Products was founded by Paul C. Bragg, the originator of Health Food Stores is carried on by his daughter Patricia Bragg. This past year the Bragg Health Institute has donated thousands of organic apples to the local school districts which were grown on the Bragg Organic Farm.

The education programs will be taking place at Foothill School on May 10, at Ellwood School on May 17, at El Camino School on May 18 and at Brandon School on May 24.

PRIMARY CONTACT INFORMATION:

Bragg Health Institute – John Westerdahl, PhD, MPH, RD (805) 968-1020

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Goleta Union School District – Sharon Baird, RD, Med, MBA