



JOHN R. KASICH
GOVERNOR • STATE OF OHIO

Communication Department

April 10, 2012

Holly Davis, (614) 266-5857, holly.davis@governor.ohio.gov
Rob Nichols, (330) 760-7582, rob.nichols@governor.ohio.gov

**FIRST LADY KAREN W. KASICH VISITS “FOOD IS ELEMENTARY”
CLASS IN SOUTHEASTERN OHIO**

GLOUSTER—First Lady Karen Waldbillig Kasich today visited a nutrition and cooking education program at Trimble Elementary in Glouster, where she recognized the importance of community organizations’ efforts to improve the health of Ohio’s children.

Mrs. Kasich joined a second grade class in preparing a healthy meal as part of the Food Is Elementary program. The curriculum, currently in 16 classrooms throughout Athens County, teaches children about food, nutrition, culture and healthy living. Volunteer ‘food educators’ offer students interactive instruction on nutrition and food preparation. It is one of several programs coordinated by Live Healthy Appalachia, a grassroots community-university partnership aimed at improving the health and wellness of Appalachia.

“Organizations like Live Healthy Appalachia are at the heart of wellness education in our communities, working to ensure Ohio’s children get a healthy start in life,” Mrs. Kasich said. “It’s important we educate children about the relationship between food, activity and health—and empower them with the skills and knowledge to live healthy, productive lives.”

###