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## ***Burdett School Awarded \$1000 for Top-Notch Provincial Nutrition Initiative***

----- FOR IMMEDIATE RELEASE -----  
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The fifth annual Nutrition Innovation Awards recognized Burdett School for their commitment to improving the health of their school through helping educate students to make healthier eating choices. It was chosen as one of the five winners from over 30 schools that applied. The awards ceremony will take place **Monday, June 28 at 12:00 in Burdett School.**

“We’re really proud of the creativity Burdett showcased when developing healthy eating initiatives,” Jaclyn Chute explained, a Nutrition Educator with Alberta Milk, “They are able to make eating healthy fun for students.”

Burdett took initiative in improving the health of staff and students by only having healthy choices in their vending machines and concessions. They are also dedicated to educating students about making healthy eating choices through their *Munchy Monday* program where students received a nutrition lesson and a healthy snack, a Cooking Club for grade four to six students and a junior high course on cooking.

In addition to the \$1000 to put towards their healthy initiative, the school also received a certificate and a crystal award in recognition of the whole school’s efforts to improve the health of students and staff.

Alberta Milk and its partners established the Nutrition Innovation Awards to address the growing waistlines of Canadian youth. According to the Canadian Medical Association Journal, childhood obesity has more than doubled in the past 15 years. Additionally, the most recent research from the Canadian Community Health Survey showed that children are not eating enough fruit, vegetables or milk products. By changing youth eating habits from high fat, high sugar foods to a more nutritious diet is how this program intends to battle the obesity epidemic.

The Nutrition Innovation Awards for Alberta schools is a partnership between Alberta Milk, Dietitians of Canada and Breakfast for Learning Alberta. More information about the awards can be found at [www.albertamilk.com/nutritioninnovationawards](http://www.albertamilk.com/nutritioninnovationawards).

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and represents its 612 dairy producers.*