



STATE OF MICHIGAN

DEPARTMENT OF COMMUNITY HEALTH  
LANSING

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## **For Immediate Release**

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### **Families Graduate from ‘Generation With Promise’ Nutrition Education Program** *Michigan Surgeon General Congratulates Participants*

DETROIT – More than 100 middle school students and their parents/caregivers are excited about eating healthier following the completion of an innovative nutrition education program. The graduates took part in six after-school sessions that included cooking demonstrations, nutrition information and a grocery store tour. The “Side by Side” classes are designed to teach caregivers and their children how to read food labels, eat more fruits and vegetables, increase their physical activity and prepare nutritious meals and snacks.

The nutrition classes are part of the Generation With Promise Family Enhancement Project (GWP-FEP) led by Michigan Surgeon General Dr. Kimberlydawn Wisdom.

The families graduated Friday, June 19 in a special ceremony at the International Marketplace in downtown Detroit.

Dr. Wisdom applauded the caregivers and students who graduated. “Your families are going to benefit from the knowledge you have gained,” said Dr. Wisdom. “What you’ve learned about meal planning combined with physical activity will mean healthier lives for you and your children,” she added.

The graduates were given a take-home kit that included cookbooks, games for the kids, nutrition information, measuring utensils and a cart that can be taken to the grocery store.

The participants came from 14 middle schools in Detroit, Highland Park, Hamtramck and Pontiac. The curriculum, offered by the “Share Our Strength Operation Frontline” program, is led by GWP facilitators, a chef from Gleaners Community Food Bank of Southeast Michigan, and a nutrition educator from Michigan State University Extension. The classes are an additional component of the GWP project which is funded by a \$5 million dollar grant from the W.K. Kellogg Foundation through the Michigan Department of Community Health (MDCH) and led by Dr. Wisdom. GWP currently operates in 27 middle schools in Michigan. The GWP project links these schools with Gov. Jennifer Granholm’s Cities of Promise initiative in underserved communities, in addition to MDCH and the “Michigan Steps Up” healthy lifestyles initiative.



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The 14 participating GWP schools include Burns Elementary/Middle School, Hutchins/McMichael Elementary/Middle School, J.F. Nichols Elementary School, Taft Middle School, Trix Elementary/Middle School, Greenfield Union Elementary/Middle School, Mark Twain School & Academy, Ronald McNair Technical Middle School, Murphy Elementary/Middle School, Phoenix Multicultural Academy and Peter Vetal Elementary/Middle School—all in **Detroit**; Madison Middle School in **Pontiac**; Kosciuszko Middle School in **Hamtramck**; and Barber School of the Gifted and Talented in **Highland Park**.

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*The Michigan Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call the Michigan Food Assistance Program (Food Stamp Helpline) at 1-800-481-4989.*

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For further information, please visit the Foundation's Web site at [www.wkcf.org](http://www.wkcf.org).