

Williams: Nutrition, and fun, locally sourced

- [Story](#)

- [Comments](#)

Posted: Friday, October 25, 2013 12:00 am

Michael Paul Williams mwilliams@timesdispatch.com

Lorraine Cavell, a Creighton Court resident who prepared a delicious stew of turkey sausage and locally grown vegetables, is a walking advertisement for sustainability.

Cavell is a participant in the Prescription Produce Plan, a pilot program by Shalom Farms that connects individuals with a nurse practitioner who writes a weekly “prescription” of fresh produce, which is “filled” at an on-site Shalom farm stand.



Fit4Kids offers grant funds for schools

Citizen Staff Reports

05/15/12

Greater Richmond Fit4Kids will award as much as \$1,000 in grant funding through its 2012 Healthy Kids Grant program to schools to improve the health and wellness of students through increased physical activity and better nutrition. Public and private schools in Henrico, Chesterfield, Hanover and Richmond are eligible to apply for funding to support programs and activities that take place before, during and after school.

“We are excited about this opportunity to support schools in their efforts to improve the health and wellness of their students by increasing physical activity and improving nutrition,” said Mary Dunne Stewart, the organization’s executive director. “We look forward to learning about innovative and creative activities to address childhood overweight and obesity in the classroom and throughout the school.”

Applications must be submitted via e-mail by May 18 and must be approved by the school principal prior to submission. Additional information about the grants and the application can be found on the Fit4Kids website at <http://www.grfit4kids.org>.

Greater Richmond Fit4Kids was created in 2010 by the Sports Backers and is a nonprofit organization focused on improving the health and wellness of children through physical activity and healthy eating.