



**News Release  
FOR IMMEDIATE RELEASE  
August 2009**

### **Kin's and COBS Teach Nutrition in Local Schools**

*Mom, did you know that fruits, vegetables and grains don't grow in the supermarket?*

It seems kids these days will have something new to talk about as a new Nutrition Program rolls into their classrooms. This program was put together by Kin's Farm Market and COBS Bread and it entails a school visit by a Nutrition representative, who has been talking to the children about healthy eating habits. These presentations will take place all over the Lower Mainland from North Vancouver all the way down to Chilliwack.

Kin's and COBS have carefully selected Marnie Melsted as their representative at the schools. Michelle Duck from COBS has said, "Melsted is soft spoken, gracious and knowledgeable. The kids seem to really look up to her and are eager to participate." Melsted is also excited about the program. "I absolutely love how involved and enthusiastic the kids are during the nutrition seminars," she says.

Together with the show-and-tell activities and tasty fruit snacks, the program is able to bring factual lessons to life that is memorable for both the minds and stomachs. After each presentation, an activity book will be given to each child as a reminder to eat healthy in the classrooms and at home. Each page is filled with fun word games and fruitful pictures meant to be shared with both the child and the parent.

Lisa Tan, a mother from Inglewood Preschool located in West Vancouver, truly enjoyed the presentation. "The program was great! The fact that the kids could touch and feel the grains, fruits and vegetables, made it easier for them to understand what Marnie was talking about." Susan Cairns, Executive Director for the Langley School District Foundation is equally impressed. "Innovative and unique ways of teaching children about nutrition are very welcome at the Langley School District. And the Langley School District Foundation is very appreciative of the materials and workshops that have been offered at no charge to the Langley students."

The Nutrition Program was scheduled to run from January 2009 until March 2009, however, due to the overwhelming interest received by the schools, Kin's and COBS are exploring the possibility of extending the presentation period in order to accommodate more schools.



Marnie Melsted, representing Kin's and COBS, talking about healthy food choices to Inglewood Preschool students, teachers and parents in West Vancouver.

If you would like to hear more about the Nutrition Program or would like to get your own Kin's and COBS Activity Book, please feel free to contact us at [feedback@cobsbread.com](mailto:feedback@cobsbread.com).

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