

The Harlan County School District's School Food Services recently sponsored presentations by Food Play at schools in the district. Food Play teaches our youngest students about the importance of good nutrition. This year's program featured "Read it before you eat it" to encourage students to monitor the amounts of certain ingredients such as sugar and various preservatives. Presentations have been given at Cumberland, Green Hills, Rosspoint, Evarts and Cawood thus far. Additional performances are coming up soon. Parents are encourage to work with students on reading the labels and to always encourage nutritious eating habits. Students were also taught about the importance of physical activity to maintain good health.

