



Press Release

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For Immediate Release

Healthy Eating Lifestyle Principles
Awarded \$10,000 from the Harden Foundation
Growing the Afterschool Garden Club at Monterey Park School in Salinas

Monterey, CA—September 28, 2011— Healthy Eating Lifestyle Principles (HELP) gratefully acknowledges a \$10,000 grant from the Harden Foundation to support its Afterschool Garden Club Program promoting healthy lifestyle principles among Monterey County elementary school children. Students gain the knowledge, skills—and desire—to make and incorporate healthy choices about their own nutrition and physical activity that will last a lifetime.

Although garden-based education is widely valued, busy educators find it a challenge to incorporate it into a typical school day. HELP's Garden Club allows children the experience of creating, renovating, and cultivating a literal "field of dreams" that explore and demonstrate nutrition, horticulture and environmental concepts, putting theory into practice.

Executive Director Suzanne du Verrier states, "The Harden Foundation's grant will allow children to experience hands-on opportunities to develop familiarity and positive experiences with healthful foods—and a whole lot of fun!"

Established in 1963 by Ercia and Gene Harden, the Harden Foundation provides funding to a variety of qualified nonprofit organizations in Monterey County. Through a combination of foresight and generosity, the Hardens strengthened and developed the resources of Monterey County nonprofits that will benefit and aid them in their missions, allowing for the dynamism and challenges presented to these organizations over time.

The Harden Foundation's Board of Directors and staff remains committed to funding programs that serve only Monterey County residents, and they consider grants in the following seven focus areas: Children, Youth & Families, Senior Citizens, General, Health, Agricultural Education, Animal Welfare and Environment, and Arts & Culture.

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