

**FOR IMMEDIATE RELEASE**

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***MISSION: GOOD NUTRITION* EPISODE GIVES TIPS TO PARENTS  
TO TEACH TEENS TO MAKE HEALTHY FOOD CHOICES  
PLUS, COOKING EASY SUMMER SALADS**

**June 1, 2009, Pottstown, PA** – The June episode of *Mission Good Nutrition* not only gives parents tips to encourage their teens to eat healthy, but addresses what kind of treats and snacks to give younger kids. The episode begins airing Thursday, June 4, 2009 at 7:00 p.m. on PCTV Channel 28 and is scheduled to air at the same time each subsequent Thursday in June. *Mission Good Nutrition* is a half-hour TV program sponsored by the Pottstown Area Health & Wellness Foundation that promotes healthy living.

“This month’s show focuses on encouraging kids to eat healthy,” comments Dave Kraybill, executive director, Pottstown Area Health & Wellness Foundation. “We give parents information that will help them educate their teens and encourage them to make good food choices when they are not at home. We also address snacks and treats for younger children—what are some wise choices and how much is too much. Lastly, viewers will see how to cook two delicious summer salads.”

In the first segment, Amy Deahl-Greenlaw, R.D., registered dietician with the Food Trust, clarifies the difference between snacks and treats. She gives some great advice on limiting treats without denying them. She also suggests tasty and healthy snack ideas for kids instead of the usual suspects that aren’t as nutritious.

The second segment features Jo-an Rehtin, Wellness Coordinator for Owen J. Roberts and a freelance food writer and cooking instructor. Rehtin discusses ways to encourage and teach teenagers to make good food choices since nowadays they are more independent and on-the-go than ever before. Pool visits, trips to the shore, summer days at home are ahead for teens, and tips and suggestions for quick breakfasts and snacks in this segment will be useful for parents.

Finally, explore new types of healthy summer salads and lighter versions of traditional salads during the cooking demo with Larry Fortunato, culinary arts instructor at Pottstown High School. Additional recipes can be found at [www.missiongoodnutrition.org](http://www.missiongoodnutrition.org).

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## **2-2-2-2- Mission: Good Nutrition, Healthy Teen Eating**

This month, the Foundation reminds viewers about its Fitness Guide, which is viewable on [www.pottstownfoundation.org](http://www.pottstownfoundation.org). The Fitness Guide gives 40 great activity ideas in the area—most of them free!

**About the Program *Mission Good Nutrition*** - In support of the Pottstown Area Health & Wellness Foundation's goal to promote healthy living and healthy lifestyles, the Foundation sponsors the *Mission Good Nutrition* program. Area residents, particularly parents with school-age children, can discover practical, fun, easy and convenient ideas to use immediately and benefit from every day. The "Tip of the Month" in each episode complements the nutritional focus and touches on topics that cover general wellness. All episodes feature interviews and discussions with health and nutrition experts, plus hands-on cooking demonstrations by local chefs and culinary professionals.

Visit [www.missiongoodnutrition.org](http://www.missiongoodnutrition.org) for an array of interesting information—recipes, recipe sharing, video clips, and quizzes featured on both current and past episodes, as well as how to contact show host Beth Trapani, former communications director and spokeswoman for Pennsylvania Advocates for Nutrition and Activity. *Mission Good Nutrition* was developed by The Anderson Group and is being produced by Dayton Communications.

**About the Foundation** - The Pottstown Area Health & Wellness Foundation's mission is to enhance the health and wellness of area residents, providing education, funding and programs that motivate people to adopt healthy lifestyles. Visit [www.pottstownfoundation.org](http://www.pottstownfoundation.org) for more information about the Foundation, reliable and accurate health and wellness information, fun and fitness activities, a risk-assessment questionnaire, and much more.

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