Friday, October 13, 2017

**Enjoy a Healthy Harvest and a Chance to Win!**

*Show us how you make vegetables and fruit a part of every meal*

**Georgina, ON** – Healthy Kids Community Challenge Georgina (HKCC) and the Town of Georgina are launching the **Healthy Harvest Contest** from October 13 to December 15. Show us how you make vegetables and fruit a part of every meal or snack through a photo, recipe or healthy eating tip for your chance to win weekly prizes.

This contest is open to all Georgina residents and to be eligible to participate, each person entering the contest must:

- Submit at least one photograph, recipe or tip in line with the theme of the contest *Choose to boost your veggies and fruit*. Entries can be made on the Town of Georgina Facebook page under the #HealthyKidsTOG Tab or by email to communications@georgina.ca
- Provide a description and location of the photo, recipe or tip (include the hashtags #HealthyKidsTOG & #ChooseToBoostVeggiesAndFruits)
- Complete the Photo/Recipe/Tip Release Waiver form and read/agree to the [Official Contest Rules and Regulations](#)
- Not submit the same photo, recipe or tip more than once

Contestants meeting these criteria will be included in a weekly random prize draw for items including: Rubbermaid Lunch Blox, kitchen utensils, water bottles, salad shakers and coupons for fruits and veggies.

The **Healthy Kids Community Challenge** campaign - *Choose to Boost Veggies and Fruit* encourages kids and families to make vegetables and fruit a part of every meal and snack. Eating vegetables and fruit helps provide children and families with the vitamins, minerals, dietary fibre, and overall energy needed to be physically active and play. Including fruits and vegetables in a healthy diet, combined with physical activity can reduce the cases of chronic disease, and is linked to healthy weights and lowered risk of obesity.

The Healthy Kids Community Challenge is a key part of Ontario's Healthy Kids Strategy. The strategy is a cross-government initiative to promote children’s health and focuses on a healthy start in life, healthy food, and healthy active communities. The goal of the Healthy Kids Community Challenge is to support the well-being of our children. It will help create communities where it’s easy for children to lead healthier lives.

Georgina is one of 45 communities across Ontario chosen by the province to participate in the Healthy Kids Community Challenge. The program supports children by increasing physical activity levels, enhancing nutrition and promoting healthy lifestyle choices. Community collaboration is the key to the success of the Healthy Kids Community Challenge.

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**Media Contact:** Kim MacGillivray | Communications and Social Media Strategist | Office of the CAO
Phone: 905-476-4305, Ext. 2220 | Email: kmacgillivray@georgina.ca | [www.georgina.ca](http://www.georgina.ca)