



NEWS RELEASE  
FOR IMMEDIATE RELEASE  
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## **Poe Center for Health Education Offers Free Lunches and Nutrition Education for Youth**

*Local Nonprofit Targets Children with Nutrition Education, Fitness and FREE summer lunches*

Raleigh, N.C. – The Alice Aycock Poe Center for Health Education (Poe Center) will serve the local community during the hot summer season by providing nutrition and physical activity programming in conjunction with free lunches provided by Summer Nutrition Services and the Wake County Public School System (WCPSS).

Thomas Ray, Poe Center’s Senior Director of Educational Programming, stated, “We know that one in five children in Wake County lives in a food insecure home, and only one in ten eligible children are accessing free lunch. Lack of access to nutritious lunches and physical activity actually leads to an increase in childhood obesity over the summer. Making lunches available at Poe is a fantastic way to make a difference!”

As Wake County’s first open feeding site for free and healthy lunches, the Poe Center will continue Summer Nutrition Services for the fifth year, providing free and healthy lunches to youth under the age of 18.

**WHO:** Youth 18 and under |

**WHAT:** Free lunch with fun nutrition and physical fitness activities:

- Zumba with Muddy the Mudcat **(June 15)**
- Zumba **(June 22)**
- Marshall Molar from Delta Dental distributing toothbrushes and dental health education **(July 6 and August 3)**
- Garden Exploration with Marbles museum **(July 13 and August 10)**
- Yoga for Youth **(June 29 and July 27)** – Bring a towel or yoga mat for summer stretching
- Garden Exploration with Marbles **(August 10)**

**WHEN:** Every Wednesday, June 15 – August 10, 2016  
Lunch 11 a.m. – Noon, Activities Noon – 1 p.m.

**WHERE:** WakeMed’s PlayWELL Park at Poe  
224 Sunnybrook Avenue, Raleigh, NC 27610

**RSVP:** All groups of 8 or more must RSVP to [l.mccallum@poehealth.org](mailto:l.mccallum@poehealth.org).

**MORE INFO:** Go to [www.poehealth.org](http://www.poehealth.org) for details and updates.

The Poe Center is one of over 160 sites in Wake County which host the Summer Food Service Program. For a complete list, visit <http://www.wcpss.net/Page/1850>. A kickoff event is planned for June 24<sup>th</sup> at Advance Community Health Center. Commissioner Matt Calabria will be the spokesperson.

#### **About the Poe Center**

The Alice Aycock Poe Center for Health Education is a nonprofit organization dedicated to educating and empowering North Carolina's children, youth and their families to make choices that increase positive health behaviors. Since establishing its Raleigh facility in 1991, the Poe Center has provided health education to nearly one million children throughout North Carolina. By engaging in fun, highly interactive lessons, preschoolers through twelfth graders receive information that follows the NC DPI Healthful Living Essential Standards on a variety of health topics, including nutrition, dental health, general health, family life and drug prevention. For additional information about the Poe Center, please visit [www.poehealth.org](http://www.poehealth.org).

#### **About the Summer Food Service Program**

The Poe Center is an 'open' feeding site, meaning that any child, 18 years and younger, in the area may eat at that site during meal service times. Other sites are 'closed enrolled' sites, meaning a child must enroll in the summer enrichment program to receive a meal at the site. Anyone interested in participating in a local summer feeding program should contact the church, club or summer program sponsor. For a complete list of feeding sites, call 1-866-3-HUNGRY or 1-877-8-HAMBRE (for Spanish speakers) and a live operator will tell you where the closest sites serving free, nutritious summer meals are located or visit [www.whyhunger.org/findfood](http://www.whyhunger.org/findfood) to locate sites using an online map.

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