

**Appalachian Sustainable Agriculture Project**  
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[www.asapconnections.org](http://www.asapconnections.org)

**FOR IMMEDIATE PRESS RELEASE**

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**ASHEVILLE, NC (March 19, 2008)**-Registered Dietitians in Western North Carolina have partnered with the Appalachian Sustainable Agriculture Project (ASAP) to promote “31 Days of Nutrition,” a project designed to highlight eating fresh local foods during National Nutrition Month. Volunteers from the Western Dietetic Association (WDA) are teaching classes that focus on the connection between nutrition and eating locally.

The exciting partnership between WDA and ASAP has resulted in elementary school classes in more than six counties receiving information on what foods are grown locally, how they can be prepared, and why these foods are healthier. In addition, many of these activities are being correlated to the state’s standard course of study objectives. Denise Barratt MS, RD, LDN was connected with Greta Ciesla’s third grade class at Vance Elementary School and used spinach salad and pasta, that featured local ingredients, to introduce math concepts of perimeter and area. According to Kelly Hunt, a Dietetic intern for ASAP, “It seems to me that kids are craving interaction that lets them talk about food and share their experiences.” Kelly went to Mars Hill Elementary and conducted an assembly with the third graders on what vitamins can be found in food locally grown foods.

Molly Nicholie, ASAP’s Growing Minds Program Coordinator commented, “It is a myth that children won’t eat healthy food. If they have a connection to it- saw it

growing on a farm, met the farmer who grew it, grew it themselves, or helped prepare it- they will eat it.”

Over 20 classes are scheduled for March and April activities. Teachers that are interested in this program or programs like this can contact ASAP at 828-236-1282. For more information on ASAP’s Growing Minds program, visit [www.growing-minds.org](http://www.growing-minds.org).

### **ABOUT THE APPALACHIAN SUSTAINABLE AGRICULTURE PROJECT**

ASAP is strengthening the economy and preserving mountain heritage by creating and expanding a food system that is locally owned and controlled in Western North Carolina and the Southern Appalachians. The loss of Appalachian family farms threatens rural heritage, weakens the regional economy, and prevents development of a sustainable local food system.

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