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Local students promote healthy drink choices

Written by Submitted by Deborah Kravitz August 27, 2009 08:49 am



Del Norte 4-H Leadership Project members met with Assemblyman Wes Chesbro of California's 1st Assembly District. Pictured from left: Meghan Webb, Maddie New, Dalton Alexandre, Katlin Rowe, Assemblyman Chesbro, Katrina Roeloff, Christian Alexandre and Andrew Napier. (Submitted by Deborah Kravitz)

Seven youths from Del Norte County attended the 4-H Citizenship Conference in Sacramento from June 26 to 30 where they presented a community-service action plan. Because of the high incidence of obesity, diabetes and dental problems, the youths chose to educate local families about making healthy drink choices.

Their plan included setting up an educational display entitled "Re-Think Your Drink" at the county fair recently and providing samples of infused water, as well as serving the infused water at the Buyer's Auction Luncheon.

The youth received outstanding recognition for their proposed action plan. The plan is made possible through the collaboration of the Del Norte Unified School District's

Network for a Healthy California and the Northcoast Nutrition and Fitness Collaborative.

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