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FOR IMMEDIATE RELEASE

**The Gardens on Spring Creek joins
Let's Move! Museums and Gardens Campaign**

August 19, 2011 (Fort Collins, CO) -- The Gardens on Spring Creek, the community botanic garden of Fort Collins, has joined the *Let's Move! Museums and Gardens* campaign, a national initiative launched by First Lady Michelle Obama to raise a healthier generation of kids by addressing the issue of childhood obesity. *Let's Move! Museums and Gardens* focuses on interactive exhibits, and afterschool and summer programming that help young people to make healthy food choices and be physically active.

At the Gardens on Spring Creek, the Garden of Eatin', Outdoor Teaching Kitchen, and quality youth programs made joining the *Let's Move!* campaign a natural fit. According to Michelle Provaznik, Director of The Gardens, "Youth education programs that inspire a love of nature; create an awareness of where food comes from and how to grow it; and teach healthy food preparation skills; are fundamental parts of our mission to improve the lives of people through horticulture."

As part of *Let's Move!* The Gardens currently offers the following youth programs:

- *Summer Camp*: topics such as *Gardeners and Chefs* give kids hands-on experience in the garden and the kitchen.
- *Ready! Set! Grow!*: a preschool program that provides an introduction to gardening and the four seasons with hands-on projects, crafts, and books.
- *School and Youth Field Trips*: students are introduced to where food comes from in the Garden of Eatin', and the various plant parts that we eat.
- *Parent/Child Partner Yoga*: these classes provide quality time for families through a shared yoga experience.

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In addition, The Gardens reaches out into the Fort Collins community in the following ways:

- **Cooking Matters™:** In partnership with the Boys and Girls Club of Larimer County and Share Our Strength, The Gardens is hosting Share Our Strength's Cooking Matters™ in their Outdoor Teaching Kitchen. Cooking Matters™ is designed to empower families at risk of hunger with skills, knowledge and confidence to make healthy and affordable meals.
- **School Gardens:** In partnership with Poudre School District, Gardens' staff provides technical support to many school garden projects while under development.
- **Family Garden Program:** Funded by the Colorado Health Foundation and run by Gardens' staff, this program teaches selected low-income families how to grow their own fruits and vegetables, healthy food preparation, and food preservation.
- **Food Bank for Larimer County Kids Café:** Each year The Gardens is proud to donate thousands of pounds of fresh produce grown in our gardens to the Food Bank for Larimer County for use in the Kids Café and Food Share program.

About *Let's Move!*

Let's Move! is a comprehensive initiative, launched by First Lady Michelle Obama, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Working with parents, caregivers, schools, public officials, and communities, *Let's Move!* is about putting children on the path to a healthy future during their earliest months and years. President Obama has created the first-ever Task Force on Childhood Obesity to conduct a government-wide review and to develop a national action plan to maximize federal resources and set concrete benchmarks. The five pillars of the initiative are:

- Creating a healthy start for children;
- Empowering parents and caregivers;
- Providing healthy food in schools;
- Improving access to healthy, affordable foods; and
- Increasing physical activity

For more information, visit imls.gov/about/letsmove

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About the Gardens on Spring

The Gardens currently includes a Plant Select® Demonstration Garden, Children's' Garden, the Garden of Eatin', Rock Garden, and the Xeric Parkway Strip. The Gardens supports school and community garden outreach programs in low-income areas; offers a school field trip program and youth summer camps for grade school students; provides year-round educational programs for all ages and interests in horticulture; and hosts several special events. Learn more about the botanical gardens at fcgov.com/gardens.

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