

# **The Coshocton Tribune**

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## **Head Start Receives Vitamins, Snack Bars**

More than 12 million children in the U.S. live in homes with food insecurity. When there is not enough food for nourishing meals, children's bodies become malnourished.

Malnourished children are too tired to focus in school, are uninterested in play and have low self-esteem, lacking the hope and motivation to succeed in life. Giving these children the high quality nourishment they need can quickly change all this. Their bodies and minds make quick use of new nutrients and shift into a higher level of function creating energy, joy and a sense of well-being.

Thousands of parents, teachers and program staff have reported that children in Nourish America programs are now happier, calmer, more active, sleeping better, having more fun with friends, concentrating better, participating in school, earning higher grades, acting more responsibly, and experiencing greater self-confidence.

Studies show that daily multivitamins can quickly reverse the severe damage of malnourishment and give hope to many children.

Vitamin Relief USA, a program of Nourish America, provides multivitamins to more than 14,000 homeless, poor and needy children across the U.S. Kno-Ho-Co Ashland Head Start has participated in the program for more than five years.

The Head Start children and their siblings receive free vitamins ordered by Tammy McGinnis-Geerts, health services manager for Kno-Ho-Co Ashland Head Start. The vitamins are delivered to centers in Coshocton County (Echoing Hills Center), Ashland County (Hayesville, A.E.C.C. and Sullivan Centers) and Holmes County (Glenmont and Millersburg Centers). The Family Advocates at each center bag up the vitamins. McGinnis-Geerts provides the Family Advocates with a list of which families want vitamins and the number of bottles each family receives per month. Once the vitamins are ready to send home, they are given to the bus driver and bus aide to deliver to the children's homes when the children are taken home. The vitamins are never left in the possession of the children.

Nourish America contacted McGinnis-Geerts to see if she would like some JungleGrub Snack Bars for the Head Start families. These snack bars come in two flavors (peanut butter groove and berry bamboozle). These snack bars help in giving the children what they need to maintain balanced energy between meals. These snack bars are certified organic, have 100 calories, are a good source of calcium and Vitamin C. Kno-Ho-Co Ashland Head Start received a donation of 8,568 of the berry bamboozle and 7,056 of the peanut butter groove snack bars.

One of the goals of the Kno-Ho-Co Ashland Head Start is to provide nutritious foods, supplements and physical activity to the children. Head Start believes these are effective tools to strengthen children and support their development into happy productive adults.