

Press Release

FOR IMMEDIATE RELEASE

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“Academy of Nutrition and Dietetics Foundation Everyday Heroes”

Douglasville, GA - (PRWEB) May 15th, 2012 – Denine Rogers Rd, Ld has been recognized as one of the **Academy of Nutrition and Dietetics (formerly the American Dietetic Association) Foundation Everyday Heroes**. Denine Rogers Rd, Ld is being recognized for her work with Dorsett Shoals Elementary School for the Family Champion "One Change at a Time" Program. Denine Rogers had over 30+ parents and students to come to a cooking demonstration that was based on the toolkit – “Family Meals- Making Easy Choices, Enjoying Family Mealtime and A Healthy Day Needs Rest and Play”. This incredible presentation allowed the parents of Dorsett Shoals Elementary School to learn how they can manage all of these nutritional information topics for their families. During Ms. Rogers presentation there was a lot of positive participation from the parents and students through a series of round table discussions of healthy eating. The cooking demonstration meal consists of Black Beans with Vegetables Fajitas. Denine Rogers Rd, Ld was interviewed for the online broadcast website of the [Academy of Nutrition and Dietetics Foundation Everyday Heroes for May 2012](#). The Academy of Nutrition and Dietetics Foundation Everyday Heroes is to be inspired as they bring healthy change to their communities.

Denine Rogers was quoted in saying “ *As a recipient of the Kids Eat Right Fuel Up To Play60 RD mini-grant, I was able to help change the eating habits of the students and teachers of Dorsett Shoals Elementary School in a very positive way. Now, the students and teachers appreciate the vegetable and herb garden on the school premises and are willing to cook and eat healthy meals. The program is truly a grassroots community effort that has affected the health and lives of the Douglasville, Georgia area.*”

The American Dietetic Association Foundation (ADAF) is the world’s largest charitable organization devoted exclusively to nutrition and dietetics. The generous support for ADAF allows providing scholarships, awards, research grants and managing public education campaigns.

The Family Champions. One Change at a Time toolkit Rd Mini Grant was made possible by an educational grant from General Mills. Members of the Food and Culinary, and Nutrition Education for the Public Dietetic Practice Groups participated in the development of the toolkit.

About two thousand ADA members have enrolled in the Kids Eat Right Campaign Volunteer program and only 30 recipients were accepted for the Family Champions. One Change at a Time Everyday Heroes program.

Over the 2012 year the ADAF is celebrating these every day heroes and the actions they're taking in their communities. Campaign Volunteers select actions to execute that educate key audiences about the necessity of a quality diet and the consequences of poor nutrition; advocate on behalf of a quality nutrition approach to promote growth and development; and demonstrate the food and nutrition expertise of registered dietitians through educational programming and advocacy.

The Living Healthy website www.livinghealthy1.org has the feature of Denine Rogers [**Tribute to Everyday Heroes – Kids Eat Right Program**](#) video.

Currently, the Living Healthy Online blog - www.livinghealthyonline.wordpress.com highlights Denine Rogers Rd, Ld with the Kids Eat Right program.

Living Healthy

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