

Walmart donates to promote healthy eating habits.

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The Walmart Foundation Donates \$9.5 Million to Help U.S. Families Access the Information Needed to Live Healthier Lives.

Walmart and the Walmart Foundation have announced \$9.5 million in grants to organizations with a shared mission of promoting healthy eating habits. The funding will support nutrition education programs, provide classes focused on learning to cook and shop for healthier foods on a budget and provide live cooking demonstrations in communities nationwide.

In January 2011, Walmart, alongside First Lady Michelle Obama, announced an initiative to provide customers with healthier and more affordable food choices. This effort includes a commitment to increase funding for nutrition programs that help educate consumers about healthier food choices.

"We want to help our customers make healthier decisions whether that's through their in-store experience at Walmart or through taking a class focused on nutrition education," said Andrea Thomas, senior vice president of sustainability at Walmart. "The grants we're announcing today will give thousands of Americans access to nutrition education classes, cooking demonstrations and nutritional recipes—essential tools to living a healthier life."

Through today's announcement, which includes grants to organizations like Share Our Strength, the National 4-H Council and Action for Healthy Kids, the Walmart Foundation plans to reach nearly 300,000 people across the nation:

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As part of Walmart's efforts, it has tapped the knowledge and expertise of award-winning nutritionist and author, Rovenia M. Brock Ph. D., known for providing a unique brand of inspiration, nutrition education, and health advice to help Americans develop better, more nutritious eating habits.

"Nutrition education plays a vital role in helping families break bad health habits, from eating comfort foods to resisting exercise," said Dr. Ro, bestselling author of Dr. Ro's Ten Secrets to Livin' Healthy. "As we tackle the issue of obesity in this country, every family must take a step back and look at what they are putting on the table for their children. Eating better today can help reduce the likelihood that your child will suffer from chronic health problems later in life."