



NEWS RELEASE

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Contact: Ken Blackstone
(408) 453-6662

Third annual "Heart & Soles 5K" supports healthy food options for students

SAN JOSE, CA – The Santa Clara County Office of Education (SCCOE) has partnered once again with the [Silicon Valley Leadership Group Foundation](#) and the [City of San Jose](#) to present the third annual [Lam Research "Heart & Soles 5K"](#) to provide salad bars to schools. The event will take place 8:30 a.m. March 12 at Lake Cunningham Park in San Jose.

"This is a great opportunity for members of our community to join us in supporting healthier eating habits in our schools to help address obesity among young people and promote the good health, vitality and well-being of all children," said Superintendent of Schools Jon Gundry, who is also a member of the event steering committee.

"Heart & Soles 5K" funded 122 salad bars in the last two years to help local K-12 students have healthy food choices in regional schools. However, there are still many students that don't have access to fresh fruits and vegetables on a daily basis. As part of the partnership, Superintendent Gundry is providing incentives for SCCOE employees to participate and address that disparity.

Studies show that children who eat healthy meals have better educational outcomes and perform better on standardized tests, and the Centers for Disease Control and Prevention found that there is a 15-percent reduction in school absences when students eat nutritious lunches.

In the last 30 years, the percentage of overweight or obese children in America has tripled. New federal nutrition standards have doubled the amount of fruits and vegetables required to be served in school lunches, and salad bars are a simple way for schools to comply, but each salad bar station costs \$3,100.

[Register today](#) for the "Heart & Soles 5K" and support healthy options for all students. Proceeds from registration and sponsorships will provide salad bars to schools across the county that want them.

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