



EAT IT UP @ YOUR LIBRARY!

Saturday, September 27, 2008

The Lewes, DE, Seaford , DE and Frankford , DE Public Libraries are having a healthy story hour series this fall. By reading stories that encourage kids to eat healthy and be active, the children's librarians (Maureen Miller – Lewes, Cindi Smith – Seaford, and Dorothy Fisch – Frankford) hope to inspire kids to eat lots of fruits and vegetables (and even try some new ones). Each hour will include great stories as well as an activity showing ways to stay healthy and fit.

Eat it Up @ Your Library will begin **Saturday, September 27, at 11am at the Lewes Library**, when “Cascading Carlos” will entertain children with his juggling skills and then show kids how to juggle. There will be time for practice and discussion of the importance of eating lots of fruits and vegetables and staying physically active. “Cascading Carlos” will also kick off events at Frankford Library on October 1 st at 5pm and at Seaford Library October 2 nd at 6:30 pm. Story hours will continue on in the following weeks at the libraries.

Sponsors: *This program is brought to you in partnership by the Delaware Academy of Medicine - Sussex County Consumer Health Program with funding from the Sussex Child Health Promotion Coalition -Nemours Health and Prevention Services and the leadership teams of the Lewes, Seaford and Frankford Public Libraries.*