



CONTACT: Jennifer Jevons at 518-274-8685 or [media@capitalroots.org](mailto:media@capitalroots.org)  
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## **\*PRESS RELEASE\***

### **Capital Roots Partners with Junior League of Albany to provide nutrition education to school children**

**TROY, N.Y.** - Capital Roots, local food access nonprofit, announces a partnership with the Junior League of Albany (JLA). With funding from JLA, Capital Roots has completed its first of two five-week nutrition education “Taste Good Series” at Sheridan Preparatory Academy in Albany.

More than 100 pre-K and Kindergarten students participated in the spring series, designed to teach young students the importance of nutritious eating for their health and well-being using engaging activities and fresh fruit and vegetable tastings. Capital Roots also implemented afterschool family nutrition workshops at the school in which both students and parents prepare and eat fresh, healthy dishes to reinforce the positive eating habits learned in the classroom.

“By getting children excited about eating nutritious food at a young age, we’ve seen the impact reach beyond the classroom, into the child’s home so that parents and children can build healthy eating habits together,” said Capital Roots’ Chief Executive Officer Amy Klein. “But Capital Roots understands that this is not enough. That’s why we pair education with programs where families can access and afford fresh food – The Veggie Mobile®, Healthy Stores and Community Gardens. We are grateful to the Junior League of Albany for supporting the Taste Good Series – a program proven to impact young children and their families in our communities most in need.”

"The Junior League of Albany is thrilled to have chosen this as our newest community project after we had identified "children in hunger" as a pressing issue in our community," said Junior League of Albany’s President Carol Crummey McCardle. “The Taste Good Series further illustrates the Junior League of Albany’s 100 years of continued local community partnerships."

**About the Junior League of Albany:** The Junior League of Albany, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action of trained volunteers. Its purpose is exclusively educational and charitable. The Junior League of Albany is proud to have been a part of our community for over 100 years. Since 1917, we have implemented community projects, training and development initiatives that have impacted our members and the Albany community. The Junior League of Albany, Inc. is a member of the Association of Junior Leagues International Inc. Learn more at [juniorleaguealbany.org](http://juniorleaguealbany.org)

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*Capital Roots is a 44-year-old nonprofit organization that nourishes healthy communities with more than 50 Community Gardens, the Veggie Mobile®, Healthy Stores, the Produce Project, Squash Hunger and more. Capital Roots is headquartered at the Urban Grow Center, a regional food hub focused on urban agriculture and produce distribution to four counties, enabling Capital Roots to deliver local food and services to underserved neighborhoods and low-income families. Learn more at [www.capitalroots.org](http://www.capitalroots.org).*

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594 River Street • Troy, New York 12180  
518.274.8685 • Fax 518.272.2744 • [info@capitalroots.org](mailto:info@capitalroots.org) • [www.capitalroots.org](http://www.capitalroots.org)