

MEDIA RELEASE

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For Immediate Release

Hamilton Preschool Promotes Healthy Lifestyle Thanks to OTF Grant HAMILTON

Pied Piper Co-operative Preschool is happy to share some good news with the community members thanks to a \$5,000 grant from the Ontario Trillium Foundation (OTF) to promote healthy lifestyles habits to parents.

"Developing healthy life style habits for children at a very young age is important to improving the future health of the general population," said Hamilton Mountain MPP Sophia Aggelonitis. "The Ontario Government, through OTF, is pleased to provide financial assistance to the Pied Piper Co-operative Preschool to encourage young families to enjoy the benefits of a healthy diet and exercise."

The funding will purchase capital items to educate preschoolers and their parents on the benefits of healthy lifestyle. The support will be used towards exploring fun ways to get active with young families and provide a guide for a balanced diet based on the Canada's Food Guide. "This grant will help us create awareness of the importance of diet and exercise in young families," said President Teena Dowd. "We are thankful for the Ontario Trillium Foundation's commitment to this cause."

Pied Piper's mission is to create an environment for young children and their families of positive opportunities for healthy physical, social, emotional, intellectual and language development. Parents take an active part in the early years of their child's education.

For more information, please visit www.piedpiperpreschool.ca or Pied Piper Co-operative Preschool at 905-383-6320.

The Ontario Trillium Foundation is an agency of the Government of Ontario. For 25 years, the Foundation has supported the growth and vitality of communities across the province. OTF continues to strengthen the capacity of the volunteer sector through investments in community-based initiatives. For more information, please visit www.trilliumfoundation.org.

