



# NEWS RELEASE

**FOR IMMEDIATE RELEASE**  
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## **AFTER SCHOOL PROGRAM RECEIVES AWARD FOR PHYSICAL ACTIVITY** *HARGRAVES CENTER IS FIRST TIME AWARD RECIPIENT*

**RALEIGH, NC** – The Physical Activity Award was presented to the Friends of Chapel Hill Parks & Recreation-Hargraves Center on Wednesday, May 14 during the Standard of Excellence Awards Celebration for Blue Cross and Blue Shield of North Carolina Kids Cafe Programs. The Standards of Excellence Awards Celebration honors Kids Cafe partner agencies that have excelled in the core components and have achieved distinction with the operation of their program. The Agency Services and Programs (ASAP) Department of the Food Bank of Central & Eastern North Carolina hosted the event at the Wake County Commons Building in Raleigh. Winners received \$1,000 to improve and further supplement their Kids Cafe Program.

At a time when childhood obesity is on the rise, not only does the Hargraves Center after school program provide nutritious meals, but also encourages the kids to get moving. The Hargraves Center develops the kids not only physically, but also mentally. Children play memory relay race, where kids must remember patterns while running. They also participate in daily exercise from recreational games and sports to organized exercise with stretching activities. The program also incorporates simple activities and games such as jump rope, kickball, playground activities, to engage the children in the importance of increased activity.

The Physical Activity Award rewards the agency that has incorporated physical activity into the program operation by utilizing the Active Steps Youth Program as a central component of the physical activity curriculum. Eligible programs are those programs that promote physical activity that lead to increased recognition of the importance of physical activity both during the program operation and outside of normal program operation.

The Hargraves Center, located at 216 N. Roberson St. in Chapel Hill, has partnered with the Food Bank of Central & Eastern North Carolina as a Kids Cafe site since 2006. It operates Monday through Thursday and serves 65 children. Since its partnership began, the program has served nearly 21,000 meals and has benefited from more than 800 hours of volunteer service to the Kids Cafe program.

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The Food Bank currently has 27 Kids Cafe programs in 26 counties.

Other 2008 award recipients were:

Best All-Around – Scotland Neck Recreation Foundation

Nutrition Education – Beulaville Youth Center

Parental Involvement – Homework Haven in Raleigh

Community-Based – Wilmington Residential Achievement Place (WRAAP) in Wilmington

The Kids Cafe program is one of the nation's largest charitable meal service programs, providing free and prepared food and nutrition education to children. The Food Bank's programs are sponsored by Blue Cross and Blue Shield of North Carolina.

For additional information on the Blue Cross Blue Shield of North Carolina Kids Cafe program, contact J. Caprice Brown, Outreach, Evaluations & Programs Manager, at 919-865-3037.

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**About the Food Bank of Central & Eastern North Carolina**

*The Food Bank of Central & Eastern North Carolina is a nonprofit organization that provides food for people who are hungry in 34 counties in central and eastern North Carolina. The Food Bank serves a network of more than 870 partner agencies offering soup kitchens, food pantries, shelters, and programs for children and adults. In fiscal year 2006 - 2007, the Food Bank distributed more than 32.6 million pounds of food and non-food essentials to these agencies. Sadly, hunger remains a serious problem in central and eastern North Carolina. In these counties, more than 400,000 struggle each day to provide enough food for their families. [www.foodbankcenc.org](http://www.foodbankcenc.org)*

**About the Kids Cafe Program**

*The Kids Cafe program is one of the nation's largest charitable meal service programs, providing free and prepared food and nutrition education to hungry children. It is a comprehensive approach to ending childhood hunger through after-school programs - initiated by America's Second Harvest - The Nation's Food Bank Network and administered locally by the Food Bank of Central & Eastern North Carolina for children ages 15 and under. The Food Bank's programs are presented in collaboration with Blue Cross and Blue Shield of North Carolina. One of the primary strengths to the program is its flexibility. The primary reason for this approach is that poverty and hunger manifests differently in different communities thus requiring a community based approach to solving the childhood hunger dilemma.*