

To the Editor:

Hooray for Lexington Parks and Recreation for upping their food game with **Better Bites**. This year at Southland and Woodland pools swimmers can buy grapes, apples, bananas, strawberries, yogurt and chicken salad on whole wheat at the concession stands. In years past the public pools sold only typical concession stand fare—nachos, hot dogs, candy bars and soft drinks. Though those items are still available, **Better Bites** gets top billing in signage and display space at the stands.

Better Bites developed as a partnership between Parks and Recreation and the Tweens Nutrition and Fitness Coalition. Because the pool concession stands are like kids' refrigerators and pantries in the summer, stocking them with healthy food can affect their eating habits. Given that Kentucky has the third highest rate of childhood obesity in the country, it's important that we make healthy food the norm for our kids everywhere possible.

In addition, Parks and Rec is hosting **Veggin' Out at the Pools** at Southland Pool on July 8. This affordable summer dinner will feature foods from Lexington Farmers Market and will be prepared by Good Foods Market & Café chefs. It's another opportunity for children to see healthy food as an enjoyable part of summer.

Let's hope other community groups will follow Parks and Recreation's lead in feeding kids good food. It's true that actions speak much louder than words.

Anita Courtney
Chairperson/ Tweens Nutrition and Fitness Coalition



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