

Para los niños



for the children



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Making Healthy Choices Part of the School Selection

Champions for Change and Para Los Niños partner to teach wellness to students and families

Los Angeles, CA – Para Los Niños and Champions for Change are excited to incorporate wellness into the upcoming Prospective Family Nights across all three of their charter schools in Downtown Los Angeles, this March. At each event, they will offer fruit infused water and nutrition resources to help families and community members make healthy decisions in their school choice process.

“Often times, wellness is not considered when thinking of a school site, however it is a crucial part of every child and family’s life,” said Ani Tarpinian, Program Manager of Champions for Change at Para Los Niños. “Schools are where a child eats most of their meals, so we want families to know that we have vendors and programs that offer nutritious and delicious choices to ensure their child is getting the best.”

Educational resources on nutrition and sugar-sweetened beverage alternatives from Champions for Change will be available. School Nutrition Plus, the school lunch provider, will be offering taste tests on the healthy and delicious schools meals available for PLN students. The goal is that families and community members will learn about nutrition and the value it has on a child’s health, both physical and emotional, and influences his or her ability to succeed.

Recognizing that healthy school environments help support student learning and behavior, Para Los Niños is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.

Each Prospective Family Night is a chance for community members, and those currently enrolled to see the full model of Para Los Niños and determine if that is the best choice for their family. For more information on the event dates and time please contact Diana Rodriguez at 213-250-4800.

About Champions for Change:

The mission of the Champions for Change movement is to create innovative partnerships that empower low-income Californians to increase fruit and vegetable consumption, physical activity, and food security with the goal of preventing obesity and other nutrition related chronic diseases. The Champions for Change Program is part of an



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ongoing effort to improve the health of families and communities in California, especially those that are at greater risk of obesity, high blood pressure, and type 2 diabetes. Champions include mothers, fathers, grandparents, athletes, youth, pastors, farmers, partners, physicians, and others who are vital to the statewide movement.

About Para Los Niños:

Founded on Skid Row in 1980, Para Los Niños provides education and wraparound support to over 6,000 of L.A.'s neediest children, youth, and families each year. PLN fosters pathways to success by striving for excellence in education, family support, and comprehensive social-emotional, and community based services.

Through early-education, tk-8th grade education, youth workforce services, and family and community services Para Los Niño's' model provides a comprehensive, holistic approach to break the cycle of poverty and help children and youth thrive.

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