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A healthy boost!

Hannaford Supermarkets brings acclaimed Food Play performance to The Granite YMCA's Healthy Kids Day on Sunday, May 1st

Goffstown, NH: (April 26, 2016) Thanks to generous support from major sponsor Hannaford Supermarkets, the "Food Play" performance will be among the many highlights as the YMCA Allard Center of Goffstown hosts its annual Healthy Kids Day, this Sunday, May 1st from 1:00 – 4:00 p.m.

"Healthy Kids Day is a wonderful opportunity for children of all ages to visit the YMCA and learn how they can achieve and maintain a healthy lifestyle- and have fun doing it," said **Bob McKenney**, Branch Director of the YMCA Allard Center of Goffstown. "This event is free and open to the community and truly has something for everyone."

Mr. McKenney added that the YMCA was particularly pleased to offer "Food Play" as part of the event. Food Play is a live production which uses the power of theatre to turn kids on to healthy eating and active living. "Hannaford Supermarkets have been an enduring supporter of The Granite YMCA for many years and are the driving force behind bringing this performance to our Y and making it free of charge for the community."

Other highlights of Healthy Kids Day 2016 will include: open climbing, family yoga, Zumba, Tae Kwon Do, face painting, bounce houses, tennis demos, kids dance party, open gymnastics and demonstrations from the Goffstown Police and Fire Departments. Additionally, the event will feature healthy food samples and snacks

The YMCA's annual Healthy Kids Day takes place on Sunday, May 1st at the YMCA Allard Center of Goffstown, 116 Goffstown Back Road. The event, which is free and open to the community, runs from 1:00 – 4:00 p.m. For details and information, please contact the YMCA at (603) 497-4663

About The Granite YMCA

The Granite YMCA focuses on youth development, healthy living, social responsibility and family strengthening. Across the state, its six branches engage 30,000 men, women and children – regardless of age, income or background – to improve their health and well-being, and provide opportunities to give back and support neighbors. The Granite YMCA provided financial assistance and free services valued at \$1.68 million to 19,977 individuals in 2014. www.graniteymca.org

About FoodPlay Productions

FoodPlay Productions was founded in 1982 by nutritionist, Barbara Storper, MS, RD, to use the power of live theater to turn kids on to healthy eating and active living. Since then, the FOODPLAY program has reached over four million children across the country, and received a host of awards including an Emmy Award when made for TV. Evidence based with proven results, FOODPLAY has been shown to dramatically improve children's eating and physical activity habits, according to USDA-sponsored evaluations. FoodPlay Productions creates national touring theater shows, media campaigns, curricula, video kits, children's books, and fun tools to make nutrition come alive. www.foodplay.com.

Note: High-resolution images and digital press releases are available online at: www.foodplay.com