

Plainfield coordinator a 'champion'

Ruben Avila, the After-School Education and Safety Program Coordinator for Plainfield Elementary, accepted a "Champion for Change" award for his outstanding contribution to the community during the Healthy Eating Active Living Collaborative Sharing Forum, hosted by the Health Education Council this week.

Avila has made it a priority to implement nutrition education as well as incorporate agriculture lessons on a weekly basis while advocating for healthier snacks for the students participating in the after-school program,

according to Christie Hedrick, program coordinator for the UC Davis Nutrition Education Program.

"He seeks resources to ensure the students are receiving the knowledge they need to help them choose healthy foods and beverages daily," Hedrick stated. "Ruben has been determined to provide on-going yearly nutrition education, produce specific cooking clubs, and nutrition related events for the students while educating parents on how to reinforce the important messages at home to establish healthy behaviors for their child."