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Nebraska School District Brings Families Together for Food, Fun and Fitness

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Westside Community Schools in Omaha, NE, have been helping students make healthy choices at school for years, but wanted to bring families in on the fun too. So this August, the district hosted Food (r)Evolution, a community event that celebrated healthy eating and exercise.

The event attracted more than 1,000 people for a fun concert with rock star nutritionist, Jill Jayne, who rapped about calcium, strong bones, healthy eating and exercise. Families dined on healthy food and drink samples from local vendors, including natural, grass-fed beef burgers and a SuperPower veggie and fruit buffet. Local celebrity chefs offered cooking demonstrations to teach parents how to prepare fresh and healthy meals at home, and members of the Westside freshman football team helped younger kids complete a [Fuel Up to Play 60](#) fitness challenge.



"We were thrilled to be able to share with our community information about healthy food and exercise," said Diane Zipay, nutrition services director and organizer of the event. "This event went to the heart of what we try to do every day in Nutrition Services. We try to help students and their families find healthy, local foods that are easy to prepare and delicious."

<http://westsidecs.schoolfusion.us>

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