

# WAUKEGAN PARK DISTRICT

## PRESS RELEASE

### **Garden to Table Program A Healthy Way for Families to Spend Quality Time Together**

**Waukegan, IL (May 27 , 2016)** . . . Thanks to generous support from the Liberty Prairie Foundation, the Waukegan Park District is now offering the Garden to Table program for families who are interested in spending quality time together and learning more about gardening and preparing healthy meals.

Garden to Table will expose families to gardening, good nutrition choices, nature, and ensure quality family time with families preparing a meal together each week. On Tuesday evenings, beginning June 21, families will gather at the Jane Addams Center in Bowen Park from 6-7:30pm. The first 30 minutes will be spent in the garden and remaining time will be devoted to identifying healthy foods, nutrition education or nature activities, preparing a nutritious meal and eating together as a community. Families will be asked to volunteer an additional 30 minutes of their own time to help maintain the Children's Garden as part of the program.

Participation in the program is by application and the deadline to apply is June 8. Applications can be obtained online or in person at the Belvidere Recreation Center, Jack Benny Center for the Arts, or the Field House Sports and Fitness Center. For more information, please call Jennifer at (847) 360-4705.

Families will spend quality time together, learn how to eat healthy, connect with nature and feel the joy of working together as a community. The value of this program is \$120 per family but it is provided free of charge thanks to Liberty Prairie Foundation's support.

### **About the Waukegan Park District**

Established on December 26, 1916, the district has 48 sites and more than 735 acres of land, including the 18-hole Bonnie Brook and 9-hole Greenshire Golf Courses. Properties are managed to the highest environmental and conservation standards. Facilities operated by the district include the Field House Sports and Fitness Center, the Jack Benny Center for the Arts, the Waukegan SportsPark, the Waukegan Skate Park, the Waukegan BMX Track, recreational centers, an outdoor swimming pool, disc golf course, dog exercise area and agility course, outdoor sports fields, picnic areas, playgrounds, and sports courts including basketball, tennis and pickleball. A full range of programs and services are offered year round for all ages, from infants to seniors as well as special needs populations. Healthy lifestyles, wellness initiatives, and a connection with the outdoors and nature are integrated throughout programs, services, and special events. Cultural events are provided by the Waukegan Symphony Orchestra and Concert Chorus, and the Waukegan History Museum. There is something for everyone! The award-winning District employs 61 full-time and over 250 part-time, year round, seasonal, and temporary employees. The District is a member of the National Recreation and Park Association (NRPA), Illinois Association of Park Districts (IAPD), and Illinois Park and Recreation Association (IPRA). The district maintains national accreditation from the NRPA Commission for Accreditation of Park and Recreation Agencies (CAPRA), the Illinois Association of Park District (IAPD) Distinguished Agency accreditation and the Park District Risk Management Agency (PDRMA) accreditation and maintains a Level A Loss Control Program. The district was a NRPA Gold Medal Finalist in 2012 and 2013, and awarded the NRPA National Gold Medal Award for Excellence in Park and Recreation Management in 2013.

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