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FOR IMMEDIATE RELEASE  
**Press Release**

August 24, 2007

# Children Harvest Healthy Habits by Gardening at the Library

## Avondale Children’s Garden Grows at the Avondale Branch Library



The young gardeners nurtured the tiny seedlings, left, into hearty crops in the Avondale Branch Library’s backyard.

Every Tuesday and Thursday afternoon this summer, kids in Avondale got some hands-on gardening experience . . . at their local Library! Through the process, they also planted the seeds for a lifetime of healthy living.

The Avondale Children’s Garden – a collaboration of The Center for Closing the Health Gap in Greater Cincinnati, the Public Library of Cincinnati and Hamilton County, and the University of Cincinnati College of Nursing – not only provided kids with gardening experience, but nutritional education, environmental lessons, and healthy food, too. The young gardeners participated in bi-weekly programs that included a mix of computer games, healthy snacks, and of course, gardening!

The Garden is part of the Center for Closing the Health Gap’s Do Right! campaign to empower communities to improve residents’ nutrition and physical activity. At their Harvest Celebration, kids picked the corn, greens, squash, tomatoes and other crops that they nurtured all summer on the grounds of the Avondale Branch Library. They also shared the lessons that they learned about healthy eating and living.



The gardeners celebrated their success at a Harvest Celebration in mid-August. Each child received a certificate of completion and some vegetables from the Garden to share with their families.



Anisa Fegan, left, tended the Avondale Children’s Garden. She took home a bag full of vegetables from the Harvest Celebration to share with her family.

The **Center for Closing the Health Gap** works to lead the efforts to eliminate racial and ethnic health disparities in Greater Cincinnati through advocacy, education, and community outreach. For more information, visit <http://www.closingthehealthgapcincy.com/index.html>.

For more information about the **University of Cincinnati College of Nursing**, visit <http://nursing.uc.edu/Default.htm>.

Information about events at the **Main Library and 41 branch libraries** is available on the Internet site: [www.CincinnatiLibrary.org](http://www.CincinnatiLibrary.org).