



BCHD Volunteers Spruce Up Elementary School Gardens for LiveWell Kids Garden Prep Day

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REDONDO BEACH, Calif. (August 5, 2021) – On Wednesday, more than 70 volunteers tended to elementary school gardens in Redondo Beach for Beach Cities Health District’s (BCHD) LiveWell Kids Garden Prep Day.

This year, volunteers, parents and students worked in eight of BCHD’s LiveWell Kids gardens, a program that works to prevent childhood obesity through hands-on gardening and nutrition lessons. Volunteers planted and weeded to prepare the gardens for the upcoming school year.

“We’re in the business of producing the next generation of healthy students and we’re lucky we have an enthusiastic army of volunteers to help with this mission,” said Beach Cities Health District CEO Tom Bakaly. “Our programs wouldn’t be effective without the help of our community and we’re thankful for the overwhelming support we receive for our LiveWell Kids gardens and other programs.”

LiveWell Kids was created in 2005 in response to an alarmingly high rate of obesity at the time – more than one of every five Redondo Beach elementary school students was obese. Today, thanks to a steady diet of LiveWell Kids programming in Redondo Beach elementary schools, the obesity rate (grades K-5) is now 6.4 percent versus 18.5 percent nationally.

When school resumes, so will the regularly scheduled farm-to-table lessons, physical activity breaks and mindfulness practices delivered to more than 6,000 children by BCHD volunteers (in-person and virtually). Programming is implemented in partnership with Redondo Beach Unified and Hermosa Beach City School Districts. Manhattan Beach partners with local organization Growing Great for its nutrition program.

Volunteers worked at gardens at the following elementary schools today:

- Alta Vista
- Beryl
- Birney
- Jefferson
- Lincoln
- Madison
- Tulita
- Washington

For more information on LiveWell Kids programming, visit bchd.org/livewellkids

About Beach Cities Health District

Beach Cities Health District (BCHD) has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. As a public agency, it offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases in every lifespan. BCHD also operates AdventurePlex, a health and fitness facility where kids play their way to good health, and the Center for Health & Fitness, a comprehensive fitness center that is the only

Medical Fitness Association-certified facility in California. Visit www.bchd.org or call (310) 374-3426 for more information.