

Healthy Kids Community Challenge Leeds and Grenville Launches *Water Does Wonders* Facebook Photo Contest!



Healthy Kids Community Challenge Leeds and Grenville is excited to launch the *Water Does Wonders* Facebook Photo Contest! Between January 16, and February 2, 2017, residents of Leeds and Grenville are encouraged to submit photos of children using water as their drink of choice, to promote water as the natural choice for kids to stay healthy and hydrated. The public will have an opportunity to vote daily for their favourite photo(s), with three lucky winners who will be able to choose a fantastic prize valued at approximately \$500!

The *Water Does Wonders* Facebook Photo Contest supports the second Healthy Kids Community Challenge theme, *Water Does Wonders*, which encourages kids and families to drink water as a healthy alternative to sugar-sweetened beverages. Water is an important component of healthy eating overall and is essential for good health.

Parents, grandparents, teachers, coaches, and the community at large are all encouraged to get out and participate in the *Water Does Wonders* Facebook Photo Contest. “We really want to capture and highlight all the positive actions that children and families in our community are taking to choose water first over other beverages,” says Joanne Desormeaux, Healthy Kids Community Challenge Facilitator for Leeds and Grenville.

“Entering the contest is easy,” says Desormeaux. “Simply take a photo of children using water as their drink of choice, submit it to our Facebook page and encourage your family and friends to vote!”

Three winning photos will be chosen based on a combination of community votes and a judging panel. Winners will have their choice of one of the following prizes: a Vitamix Blender, a GoPro Camera or a \$500 Sports Store Gift card. There will also be an opportunity for those who “LIKE” the Healthy Kids Community Challenge Leeds and Grenville Facebook page to win prizes too!

The *Water Does Wonders* Facebook Photo Contest creates the perfect opportunity for our community to get out and explore the twenty-three new Water Bottle Filling Stations that are being installed in a variety of locations across Leeds and Grenville. Water Bottle Filling Stations provide access to fast, clean, hands-free water and offer a simple, convenient and low-cost option for children and families to quench their thirst while out and about. For a listing of Water Bottle Filling Stations, visit http://www.healthykidslg.ca/water_bottle_filling_stations.html.

Enter the *Water Does Wonders* Facebook Photo Contest on our Facebook page at <https://www.facebook.com/healthykidslg/>.

Learn more about the Healthy Kids Community Challenge at www.healthykidslg.ca.

Leeds and Grenville is one of 45 communities across Ontario taking part in the Healthy Kids Community Challenge. The Healthy Kids Community Challenge unites communities with a common goal of promoting children’s health through physical activity and healthy eating. Healthy Kids Community Challenge Leeds and Grenville Steering Committee membership includes regional partners in the health, education, recreation, private and non-profit sectors.

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