



**Submitted by:**

Debbie Geyer  
Caldwell City Clerk  
(208) 455-4656  
dgeyer@cityofcaldwell.org

## PRESS RELEASE

---

### FOR IMMEDIATE RELEASE

## CITY OF CALDWELL RECEIVES AWARD FOR OBESITY PREVENTION

*"Let's Move! Cities, Towns and Counties" recognized Caldwell for healthy eating efforts at city-owned venues.*

**Caldwell, Idaho:** The National League of Cities (NLC) recognized Mayor Garret L. Nancolas for recent completion of a key health and wellness goal for *Let's Move! Cities, Towns and Counties* (LMCTC). LMCTC is a major component of First Lady Michelle Obama's comprehensive *Let's Move!* initiative to ensure that kids can grow up healthy. Local elected officials nationwide work with *Let's Move!* to adopt policies that improve access to healthy affordable food and opportunities for physical activity for their constituents across five goal areas.

Medals were recently awarded to the City of Caldwell for displaying **MyPlate** signs in all municipally-owned venues that offer or sell food and/or beverages. MyPlate is the USDA's icon that replaced the food guide pyramid. It provides a powerful visual reminder to choose healthier foods at meal times. The City has also integrated some healthier food and drink options at the Caldwell Municipal Pool and the O'Connor Field House.

Marisa Erickson, Coordinator of the Let's Move! Caldwell (subcommittee of the Caldwell Youth Master Plan Committee) attributed Caldwell's achievement to the collaboration of many agencies and organizations throughout the community who are working to make the city an active and healthy place to live, work, and play. She recognized the City's strong support of the initiative and noted that the goals of *Let's Move! Cities, Towns and Counties* are in close alignment with those of the Caldwell Youth Master Plan.