



FOR IMMEDIATE RELEASE

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Giant Food's Our Family Foundation Awards Grant to Y in Central Maryland

\$100,000 grant supports Y's I am Moving, I am Learning Initiative

Landover, Md. (June 26, 2017) – Giant Food of Landover, Md. today announced a \$100,000 grant to the Y in Central Maryland through Giant's Our Family Foundation. The grant will support the full implementation of Head Start's "*I am Moving, I am Learning*" initiative which aims to proactively address the epidemic of childhood obesity through research-based and developmentally-appropriate practices of physical activity and nutrition. Program implementation kicks off in September.

"For Giant, being a better neighbor is top of mind for all of our stores and all of our associates across our operating region," said Gordon Reid, president of Giant of Landover, Md. "The Y In Central Maryland's work has tremendous synergies with our business, including the navigation of a healthy lifestyle. To our team, it made sense to join forces with a strong organization like the Y in Central Maryland and broaden our reach in their community, empowering Central Maryland's Head Start children and their families to make healthy choices they can use for a lifetime."

Through the grant, the Y in Central Maryland will deploy the "*I am Moving, I am Learning*" initiative at 31 Y Head Start Centers using a phased approach to train teachers and engage parents in effective strategies with the goal of sustaining the program beyond the grant period. With this grant, the Y in Central Maryland will introduce the initiative to 1,694 children enrolled in the Y's Head Start programs across Central Maryland offering the program to 40 classrooms.

"We are extremely grateful to Giant Food for their generous support of 'I am Moving, I am Learning,'" said John Hoey, president and CEO of the Y in Central Maryland. "Their gift enables children and families at the lowest end of the income scale to learn about and adapt healthy patterns that can have long lasting impact. The significance of this investment by Giant Food cannot be overstated and we are deeply appreciative."

Head Start's "*I am Moving, I am Learning*" initiative is designed to have a generational impact on addressing problems of obesity in children living in poverty. The initiative focuses on the quantity of vigorous activity a child receives, the quality of those activities, and the importance of nutrition by bringing in new food and meal options. Funding from Giant's Our Family Foundation will allow the Y in Central Maryland to hire a program coordinator to work with families, giving them the tools to implement program components at home.

Through its Our Family Foundation, Giant provides grants to initiatives that address hunger insecurity, improving the lives of children, and building healthy communities. To find out more about Giant's commitment to being a better neighbor, visit <https://giantfood.com/live-well/community/>.

About Giant Food of Landover, Md.

Giant Food of Landover, Md. is committed to helping its customers save time, save money and eat well. Headquartered in Landover, Md., Giant operates 167 supermarkets in Virginia, Maryland, Delaware, and the District of Columbia, and employs approximately 20,000 associates. Included within the 167 stores are 157 full-service pharmacies. Giant opened the first supermarket in the nation's capital on February 6, 1936. Giving back to the community is a cornerstone that was instilled by the founders 80 years ago. The company's core areas of giving include hunger, education, health and

wellness, and supporting service members and military families. In 2016, Giant's monetary and in-kind contributions exceeded \$14.6 million. For more information on Giant, visit www.giantfood.com.

About the Y in Central Maryland

Our Mission:

The Y in Central Maryland is a charitable organization dedicated to developing the full potential of every individual through programs that build healthy spirit, mind and body for all.

Our Commitment:

At the Y, we are committed to providing family-oriented, affordable, high quality programs.

A cause driven organization with three areas of vital focus:

- *For Youth Development:* nurturing the potential of every child and teen
- *For Healthy Living:* improving our community's health & well-being
- *For Social Responsibility:* giving back and providing support for our neighbors

The Y is a place for everyone. People of all races, ages, faiths, gender, abilities, backgrounds and incomes are welcome and financial assistance on a sliding scale is available to those who would otherwise be unable to participate.

Our Values:

Caring, Honesty, Respect and Responsibility

More information can be found at www.ymaryland.org.

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