On Thursday, March 1st Power Panther visited Van Buren Elementary during Family Fun Night. Power Panther works with the Food and Nutrition Service’s EAT SMART. PLAY HARD.TM campaign. Power Panther travels around the country visiting with kids and parents to encourage them to EAT SMART and PLAY HARD by following the recommendations of MyPlate for kids. Power Panther has traveled more than 700,000 miles!

EAT SMART. PLAY HARD.TM is about making America's children healthier. The campaign encourages students and families to make smart food choices and be active every day. Balancing each day with food and play helps kids to grow and develop and provides them with the energy they need to learn and play. Parents- you play an important role in making sure that you and your kids eat healthy and are active and moving every day!

For more information, visit www.fns.usda.gov.