

# **Making Health Easier: Healthy Schools in Chicago, IL PSA (:60)**

[Announcer] When Health Educator April Lillstrom got the chance to improve Chicago schools through the Healthy Places initiative, she started by building healthy partnerships.

[April Lillstrom] We worked with the schools to form a wellness committee comprised of PE teachers, one of the principals, parents, and also students.

[Announcer] With everyone at the table, the ideas mushroomed into everything from field trips to field greens. Students and teachers built school gardens, they studied nutrition at science museums, and they got a salad bar in the lunchroom.

[Ms. Lillstrom] It was a great hit. I had the opportunity to sit with some kids and have them tell me about how they were eating vegetables and trying them for the first time.

[Announcer] When everyone started working together toward a common goal, progress got a healthy grade.

[Ms. Lillstrom] Everybody has these great ideas. It is all about everybody working together to make Chicago a healthier place.

[Announcer] Visit [makinghealtheasier.org](http://makinghealtheasier.org) to find out how *you* can make changes where *you* live. That's making healtheasier.org.