



## Get Your Knives and Forks Out ... and Wait for a THRIVE! "Surprise"!

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THRIVE! Southern Lorain County



March 1, 2019 -- Wellington-area businesses, schools, organizations, churches, municipal offices and workers are in for a flavorsome surprise. [THRIVE! Southern Lorain County\(Website | Profile\)](#) will be staging "foodie flash mobs" all over town, starting in early March.

Thrive! Partners and volunteers will make and bring trays of nutritious foods to unsuspecting residents at work or in gathering places. The campaign, called "Surprise! It's THRIVE!," is designed to give people a taste of healthy snack, dessert and main course alternatives. The food samples will be lower in fat and sodium, with a focus on vitamin-rich fruits and vegetables.

Libby Showalter, M.S., R.D., L.D., is designing recipes for the flash mob samples, which will include fruit smoothies, berry bars, casseroles and other delectables. THRIVE! nutritionist and the LIVESTRONG Dietitian for the YMCA of Greater Cleveland, Libby will also prepare recipe sheets for participants.

### "Surprise": One of Many Nutrition Initiatives

"Surprise" addresses one of THRIVE!'s key goals of helping to improve the nutrition of southern Lorain County residents. "Surprise" is patterned after THRIVE!'s successful "Supermarket Flash Mob" in 2017 at the former Geyer's Food Market, where THRIVE! members randomly chose and stunned Joe Calfo, father of three, with a \$100 check for nutritious groceries and a guided tour by Libby of the supermarket's healthier food choices.

THRIVE! has funded or supported other nutrition initiatives, such as the "Water First for Thirst" campaign in local schools, the "Growing Nutrition" program with garden boxes built for 25 residents and designating healthier options on restaurant Bread-N-Brew's menu.

THRIVE! members will livestream the "Surprise" flash mobs on Facebook whenever possible.

### About THRIVE! Southern Lorain County

The mission of THRIVE! Southern Lorain County ([www.thriveslc.org](http://www.thriveslc.org)) is to build upon local culture to provide affordable opportunities for all to live healthier through healthy eating, active living and social/emotional support -- all to reduce the risks of heart disease, diabetes and obesity in the region.

The organization proudly serves the communities of Brighton Township, Camden Township, Huntington Township, Kipton Village, Pittsfield Township, Rochester Township, Rochester Village, Wellington Township and Wellington Village. THRIVE! is generously supported by a grant from [United Way of Greater Lorain County \(Website | Profile\)](#). Like us on Facebook at [www.facebook.com/thrivesoloco](http://www.facebook.com/thrivesoloco).