



THE BRITISH DIETETIC ASSOCIATION
The Professional Association for State Registered Dietitians



Media Release

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For Immediate Release

Local Dietitian Wins Top Professional Prize for Milk 'Smoothies'

Research indicates that many children do not consume enough calcium rich foods such as milk and yoghurt, or enough fruit and vegetables. Local Dietitian, Lucy Rochford has managed to address both these problems in Parkside School in Borehamwood by getting the pupils to concoct delicious 'fruit smoothies' for the children to drink. Lucy works for Hertfordshire Health Promotion and for her cunning idea she received an award of £1000 from The British Dietetic Association and the National Dairy Council. This will help the continued development of the smoothie scheme. The award was presented at The British Dietetic Association's (BDA) Award Dinner, which formed part of the BDA's National Conference, on Friday 18 June at the Crown Hotel in Harrogate.

Kate Kynoch, head of Parkside School catering said, "the smoothies are growing in popularity all the time, both at our breakfast club and at lunch time. We serve four different flavours, made with fresh fruit and milk. Other schools in the area are now taking note and have plans to sell them too".

Morag Makellar, Awards Co-ordinator for The British Dietetic Association, said, "the joint British Dietetic Association and National Dairy Council Award is to encourage healthy eating initiatives among children. The provision of a delicious drink made with both essential nutrients they need for growth and development."

For further information contact:

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Notes to Editors

- The British Dietetic Association was founded in 1936 and is the professional association for State Registered Dietitians (SRDs) and qualified nutritionists in Great Britain and Northern Ireland. SRDs hold the only legally recognised graduate qualification in nutrition and dietetics.
- “Food: the Future Agenda”, was the title of The British Dietetic Association’s National Conference this year. It was held on 18 and 19 June 1999, at the Crown Hotel in Harrogate.

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