

## Good eating leads to good living

by Andy Rogers

### Vikings help present \$10,000 grant to Oak Ridge from Midwest Dairy

Students at Oak Ridge Elementary School in Eagan were hyped up to eat healthy and get moving during an assembly Tuesday.

Matt Birk, former member of the Minnesota Vikings, along with Viktor the Viking, Viking cheerleaders, and other Viking representatives were on hand to present a \$10,000 grant from Midwest Dairy during an all-school assembly Tuesday.

Birk told the crowd that because he ate healthy when he was in elementary school, he got to be a pretty big and strong by the time he got to high school. He noted he never broke a bone while playing in the NFL for 15 years.

"Sometimes when I would have to get an X-ray, the doctor would say 'You have the biggest, thickest, strongest

bones, how is that?'" Birk said. "I said I drank a lot of milk growing up."

He said the students' job is "give their best effort at everything they do."

"It's not to be the best, it's to try your best," Birk said. "Try your hardest at school. You're supposed to run around and be outside and play sports. You're supposed to be the best friend you can be to everybody. You can't do that unless you put good things in your body. You'll have a lot of energy. You'll run around faster. You can concentrate at school. You'll be nicer to people because you're not crabby."

He reminded the students it doesn't take talent to make good food choices.

"Everybody can do that," Birk said.

He took questions from the students about his playing days and how to stay healthy before Viktor the Viking led the school on a walk around school grounds.

Students finished with a sample of the new fruit yogurt smoothies that will be added to the breakfast



Photo by Andy Rogers—Former Minnesota Viking Matt Birk visited with Oak Ridge Elementary students Tuesday morning to talk about healthy



Photo by Andy Rogers—Oak Ridge Elementary students sampled fruit yogurt smoothies Tuesday after taking a walk around the school's campus.

menu thanks to the grant.

The money will help support the school's efforts in helping the students eat healthy and stay active.

It's part of the **Fuel Up to Play 60** initiative – an in-school nutrition and physical activity program launched by the NFL and National Dairy Council.

Oak Ridge Elementary is a School of Leadership, Environmental and Health Sciences.

Midwest Dairy represents 7,000 dairy farms in the Midwest.