

Children's Council's Healthy Apple Program Makes National News



Zonia Torres, an active participant in Healthy Apple, is featured in today's issue of *USA Today*, in a far-reaching article and video, [**"Heavy Concern: When Preschoolers Gain Weight Too Fast, Their Lifelong Risk of Obesity Surges."**](#)

The article addresses how early education nutrition programs like Healthy Apple are making an impact on the epidemic of childhood obesity in the United States.

The children may not know that they are engaged in an obesity prevention program backed by research. They just know that "they love it," Shining Stars owner Zonia Torres says.

[Learn more about Children's Council's Healthy Apple Program.](#)

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