

For immediate release  
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## **Head Start Children to get a jump on Nutrition through Neighborhood House and Aramark Partnership**

SEATTLE – The parks and outdoor spaces at Rainier Vista, home to mixed-income families and individuals, will be enjoyed more than usual Wednesday as Neighborhood House and 50 Aramark employees team up to create planter boxes filled with vegetable seeds for over 150 Head Start children to bring home.

Mark Okazaki, Executive Director of Neighborhood House, says this venture is an effort to encourage healthy living and introduce nutrition and wellness to children and youth in underserved communities. They will also get the chance to develop a green thumb while learning how to make healthier choices.

“It’s important that we plant seeds of knowledge early so that we can empower society’s youngest members by developing a healthy awareness of the world around them and how they can make smarter choices,” Okazaki said.

Since 2005, when doors to Neighborhood House Rainier Vista Center opened, hundreds of residents have utilized the computer lab, Head Start preschool classes, and other programming centrally located in the public housing redevelopment covering 65 acres in the Rainier Valley. The 10,000 square foot building allows Neighborhood House and other social service providers to offer programs for low-income children, adults, families and seniors, all under one roof.

***ARAMARK Building Community*** (ABC) is the company’s signature global philanthropic and volunteer program that enriches the lives of families in need by enhancing the environments, experiences and programs provided by local community centers. Through *ARAMARK Building Community*, the company develops long-term partnerships with community centers to help build their capacity and support the important role they play in strengthening communities and families. Since its inception, ARAMARK has contributed more than \$8 million in volunteer expertise, grants and in-kind resources to community centers in nearly 52 cities in four countries.

Global Volunteer Day is an extension of *Aramark Building Community*, the company’s volunteer and philanthropic program that enriches lives by helping improve family health, preparing youth and adults for work and supporting individuals working their way out of poverty in Seattle and in 52 cities additional around the world. Through *Aramark Building Community*, the company donates

time, expertise, financial and in-kind resources to help families in need. Since 2008, in partnership with community centers around the world, Aramark's employees have impacted the lives of more than four million families. Please join us on [Facebook](#).

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#### About Neighborhood House

From our earliest beginnings serving Jewish immigrants in the 1900s to our work today with people from numerous countries and cultures, Neighborhood House has helped generations of families fulfill the promise of America — an education for their children, self-sufficiency for their families and a meaningful place in a caring community. The mission of Neighborhood House is to help diverse communities of people with limited resources attain their goals for self-sufficiency, financial independence, health and community building.

#### About Aramark

Aramark delivers experiences that enrich and nourish people's lives through innovative services in food, facilities management, and uniforms. United by a passion to serve, our more than 270,000 employees make a meaningful difference each day for millions of people in 22 countries around the world. Aramark is recognized among the Most Admired Companies by *FORTUNE* and World's Most Ethical Companies by the Ethisphere Institute. Learn more at [www.aramark.com](http://www.aramark.com) or connect with us on [Facebook](#) and [Twitter](#).