

BayAreaParent

SILICON VALLEY

*Beyond the
Lemonade
Stand*
KIDS TAKE ON
BUSINESS

**JUST FOR
MOM!**
MOTHER'S
DAY GIFTS,
EVENTS
& RECIPES

**FAMILY
CRISIS?**
GET THE HELP
YOU NEED
NOW



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SUMMER CAMPS 44

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green family

Learning to Be Leaders

There's a lot of talk from adults about how to green up the environment, but what do our kids have to say?

Green Kids Now (GKN), a nonprofit organization based in Fremont, provides a platform for youth around the Bay Area to fight climate change.

"Our goal," says GKN founder and current fifth-grader Pavan Raj Gowda, "is to allow kids to join together to care for our environment and raise awareness. We want to encourage children to learn, innovate, take action, and share their ideas and experiences with each other."

On June 18, GKN will hold its first Green Kids Conference from 11 a.m. to 3 p.m. at Microsoft Silicon Valley Campus in Mountain



View. Students of all ages will explore the latest developments and opportunities in conservation, alternative resources, waste management and air quality, as well as exhibit and present their own environmental projects. There is no fee for exhibitors and attendees, though donations are accepted. Registration is mandatory. Shanti Balaraman, GKN's president and Pavan's mother, says, "This conference is a great opportunity for children to learn to become leaders and make their ideas a reality. This is truly an organization for kids, by kids."

For more details, call 510-793-1343 or visit greenkidsnow.org.

– Tiffany Carboni

get out!

Buy Local Goodies

It's almost summer, so you probably feel motivated to eat all those delicious fresh fruits and veggies that are available now. But first, check out how far those "fresh" products have traveled.

When you buy locally produced food, you are helping to reduce the pollution and depletion of resources associated with the transportation and packaging of food. On average, domestically grown produce sold in conventional supermarkets has traveled an alarming 1,500 miles from farm to table. Not only that, it has probably been picked before it ripened, and treated possibly with fungicides, so it can travel and be stored.

By contrast, locally grown, farm-fresh fruits and vegetables are typically picked at their peak, making for delicious ready-to-eat produce. Check out localharvest.org to search by city or postal code for farmers markets, grocery stores and restaurants that sell food from your region.

Redwood City's Judy Molland is the author of *Get Out! 150 Easy Ways for Kids and Grown-Ups to Get Into Nature and Build a Greener Future* (Free Spirit, 2009) and *Straight Talk About Schools Today* (Free Spirit, 2007).

