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D.C. United teams with Southwest Community Gardens, Mom Made Foods for Earth Day

United players and staff to take part in garden clean up, healthy eating workshop

Washington, D.C. (Apr. 17, 2015) – D.C. United has teamed up with Southwest Community Gardens and Mom Made Foods to celebrate Earth Day on Wednesday, April 22, with a special community garden clean up and healthy eating workshop for youth.

As part of the global celebration to generate awareness about environmental protection, D.C. United players and staff will help beautify Southwest Community Gardens, located at Lansburgh Park, 1098 Delaware Ave SW, by planting flowers, laying compost and participating in other garden maintenance.

In an effort to continue pushing the club's community vision around educating youth on the importance of eating healthy, D.C. United and Mom Made Foods will host a healthy eating workshop at the conclusion of the garden beautification where youth will be treated to a healthy snack cooking presentation by Mom Made Foods. D.C. United players will also talk to youth about the importance of eating healthy and living an active lifestyle.

To learn more about D.C. United's community efforts visit the D.C. United Community page at: www.dcunited.com/community.

About Southwest Community Gardens

Southwest Community Gardens (swgardens.org) is dedicated to creating space where neighbors can connect with one another in a hands-on, peaceful, and respectful environment around the activity of growing produce. In the process of tending to vegetables, fruits, and other plants, the Southwest Community Garden group seeks to educate community members about gardening and the nutritional value of fresh produce, and strengthen bonds among community members through inclusive community activities.

About Mom Made Foods

Created in 2006 by a D.C. area mom, Mom Made Foods (mommadefoods.com) is the Mid-Atlantic's first USDA-organic certified producer of frozen foods for children. Mom Made offers a variety of healthy, frozen meals and snacks in thousands of grocery retailers nationwide. In the D.C. area, Mom Made products can be found in freezer aisles of Giant, Harris Teeter, Safeway, Whole Foods, and other independent stores.

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