

## Letters to the Editor for Aug. 18, 2014

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### **Critical programs**

We are the Twenty Pearls Foundation Inc., the charitable and educational arm of the Gainesville chapter of Alpha Kappa Alpha Sorority. Our educational opportunities provided the solid foundation for our career successes. But, for too many in Gainesville, those opportunities seem far out of reach. Many factors play into that — our goal is to effect change.

For example, our “Fill the Plate, Feed the Mind” nutrition initiative provides hands-on demonstrations to motivate local families to maintain healthy lifestyles on tight budgets. These programs are critical because of the proven link between good nutrition and higher academic performance.

The success we've had expanding this initiative was made possible by a grant from the Plum Creek Foundation. Plum Creek has proven to us that they are similarly invested in the long-term well-being of all members of our community — from the GED to the Ph.D.

*Florida Bridgewater-Alford,*

*President and CEO,*

*Twenty Pearls Foundation Inc.*