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Green Light Foods Mobile Application Makes Healthy Grocery Shopping Simple

Users can quickly understand the nutritional implications of their food choices.

Pittsburgh, Pa. — [Let's Move Pittsburgh](#) — a program of [Phipps Conservatory and Botanical Gardens](#) recently launched version 2.0 of the Green Light Foods app. The app differs from other apps that analyze nutrition labels because the information is understandable to both children and adults. By simply scanning a product's barcode, the app user can see whether an item's fat, saturated fat, sodium and sugar contents appear in low, moderate or high concentrations and the app communicates this nutrition information using a traffic light symbol. Nutrition tips are also displayed on the app to give users ideas for recipes and ways to make healthier choices.

"We are thrilled to announce the release of the new and improved Green Light Foods app. The app was designed to be user-friendly for kids so that parents can engage kids in the shopping experience while teaching them about healthy foods. We hope that Green Light Foods will make it easier for families to find healthier options," says Let's Move Pittsburgh Program Director, Mary Kathryn Poole.

Version 2.0 introduces exciting features that will make the app even more useful for families on the go who want to make the best nutritional decisions. When an item is not found in the database, users can now manually enter fat, saturated fat, sodium and sugar values for foods or beverages. The app then interprets those values, giving the user the red, yellow or green light to consider, and also stores the entered values for access by other users. In addition, users can view items they recently scanned and even add foods to a "pantry" of saved items for easy access later.

Green Light Foods 2.0, now available for free through iTunes and Google Play, was developed by Phipps and Let's Move Pittsburgh in collaboration with Carnegie Mellon University students, Wahila Creative and Red House Communications. The values used for the traffic light scale is modeled after a system developed by the U.K. Food Standards Agency. For more information, please visit letsmovepittsburgh.org.

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About Let's Move Pittsburgh: Let's Move Pittsburgh, an initiative of Phipps Conservatory and Botanical Gardens supported in part by UPMC Health Plan, is a collaborative effort of organizations, healthcare providers, educators, parents and caregivers in southwestern Pennsylvania committed to leading children in the region toward a healthier future. The program is inspired by First Lady Michelle Obama's *Let's Move!* campaign to raise awareness about the benefits of healthy foods, decreased screen time and increased physical activity for children.

About Phipps: Founded in 1893, Phipps Conservatory and Botanical Gardens in Pittsburgh, Pa. is a green leader among public gardens with a mission to inspire and educate all with the beauty and importance of plants; to advance sustainability and promote human and environmental well-being through action and research; and to celebrate its historic glasshouse. Learn more: phipps.conservatory.org.

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