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FOR IMMEDIATE RELEASE

Date: April 4, 2014

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Putnam County DOH Kicks Off “Eat Smart Restaurant Week” Campaign

Brewster, NY—“Eat Smart Restaurant Week,” spearheaded by the Putnam County Department of Health (PCDOH), is scheduled for two weeks in September, but it is already bringing together local restaurants and farms. The PCDOH unveiled the program last month at their annual food operators’ seminar that featured a panel discussion with local restaurants and farmers. Already more than 30 food establishments have taken the first step to be part of the two-week, Putnam-wide event, announced to the public this week in recognition of National Public Health Week from April 7 through 13.

“Support has been very enthusiastic,” said Allen Beals, M.D., Commissioner of Health. “We have had great input from chefs and other partners from some of Putnam’s top restaurants. Farm-to-table is not a new concept, but we are encouraging local connections to strengthen our chef-farmer alliance and at the same time address public health concerns such as obesity and poor nutrition. A meal that is delicious can also be healthful,” declares Dr. Beals.

Putnam County Executive, MaryEllen Odell, welcomed and thanked the seminar participants for attending the conference. Ms. Odell has long championed the county’s agricultural heritage and strongly supports the thriving industry it is today, encompassing more than 11,000 acres of farmland.

Eat Smart Restaurant Week will run from September 7 to 21. Participating restaurants will

offer two or three pre-approved menu items that make the best of tasty, healthful, fresh ingredients, along with appropriate portion size. Health department nutritionists will work with the restaurants to perfect dishes of the chef's own choosing and ensure they meet healthy guidelines.

During the Eat Smart initiative, residents will be able to enjoy a wonderful dining experience at local Putnam restaurants and also learn about smart eating. Restaurants interested in more information should contact Kris Boyle or Shawn Rogan at the PCDOH at 845-808-1390.

The Health Department's mission is to improve and protect the health of the Putnam County community, composed of nearly 100,000 residents. Core services include community health assessment, disease surveillance and control, environmental health protection, family health promotion and health education. For more information, please visit our website at www.putnamcountyny.com/health; or visit our social media sites on Facebook at www.facebook.com/putnamhealth and Twitter @PutnamHealthNY.

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