

**ALLEN BEALS, M.D., J.D.**  
*Commissioner of Health*



**MARYELLEN ODELL**  
*County Executive*

**ROBERT MORRIS, P.E., M.P.H.**  
*Director of Environmental Health*

## **DEPARTMENT OF HEALTH**

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### **FOR IMMEDIATE RELEASE**

**Date: July 10, 2014**

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### **Putnam County DOH Unveils Official Logo for Eat Smart Restaurant Week**

Brewster, NY— The official logo for “Eat Smart Restaurant Week” was unveiled yesterday at Clock Tower Grill by the Putnam County Department of Health. County Executive MaryEllen Odell; Commissioner of Health Allen Beals, M.D.; Director of Tourism Libby Pataki; President of the Putnam County EDC Meghan Taylor, and Rich Parente, owner of Clock Tower Grill, were on hand in preparation for the event which runs from September 7 through September 21. Participating restaurants will highlight 2 to 3 delicious and healthy menu items that meet specific nutrition criteria, in appropriate portion sizes. Residents will have the opportunity to enjoy a wonderful dining experience, know that their menu choice is a smart choice, and gain a better understanding of how to prepare more healthful food at home.

“The initiative is a novel way to educate residents about healthy food choices and support the local economy at the same time,” explains Dr. Beals. “Fresh whole foods will be key ingredients in many of the highlighted menu items, so it is strengthening the alliance between local chefs and area farms,” he added. “It will demonstrate that a delicious and healthy meal can go hand in hand.”

“I think Eat Smart Restaurant Week is an excellent idea. Putnam County has no shortage of quality farms and restaurants and when the two are combined and highlighted as they are in Eat Smart Restaurant Week, every resident benefits from both a health standpoint and an economic standpoint,”

said County Executive, MaryEllen Odell.

Restaurants have begun to submit their recipe ideas for evaluation by Health Department nutritionists, and a full listing of participants will be available on the Putnam County website in late August. For more information, or if you are a restaurateur interested in participating, 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](http://www.putnamcountyny.com) ; or visit our social media sites on Facebook at [www.facebook.com/putnamhealth](http://www.facebook.com/putnamhealth) and Twitter @PutnamHealthNY.

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Photos available upon request.