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Commissioner of Health



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**Eat Smart Restaurant Week is Here,
Featuring Mouth-Watering Dishes That Are Good For You**

Brewster, NY— How about chicken with sundried tomatoes and artichokes, catfish creole on basmati rice, or maybe a vegetable eggplant roll-up or Savannah peach salad? If your mouth is watering, you don't have too long to wait. These are just some of the healthful and delicious creations our local restaurants are cooking up for Eat Smart Restaurant Week, which kicks off on Sunday, September 7, and runs for two consecutive weeks.

The initiative, inspired by the Health Commissioner Allen Beals, MD, and County Executive MaryEllen Odell, promotes not only the health of residents but also the economic well-being of area businesses. A total of 35 Putnam County restaurants and food establishments have joined with the Putnam County Department of Health to show residents that “delicious and healthy can go hand in hand.”

“It is our hope,” explains Dr. Beals, “that not only will you be able to go out for dinner and enjoy a delicious healthy meal, but you'll also have a better understanding of what goes into the dishes and be inspired to do it for yourself at home.”

Moderate portion sizes, an emphasis on fresh vegetables, and healthy, but limited oils and sodium, are the cornerstones of this plan. One participating restaurateur Patrick Cutillo, chef and owner of Cutillo's Restaurant in Carmel, has embraced these principles in his own daily diet, improving his health and losing a significant amount of weight in the process.

Dine-in restaurants are not the only participants. The program was open to all food establishments in Putnam who were willing to offer healthier selections. There are a few delicatessens and a chain “fast food” restaurant. Even the Putnam County Office of Senior Resources is highlighting healthier options for seniors who visit for lunch.

For a complete list of participating restaurants, visit the main home page of the Putnam County website and click on the Eat Smart Restaurant Week logo. Also available on the website is a fact sheet, “What Is Eat Smart Restaurant Week?” that describes the nutritional guidelines and PCDOH methodology for screening recipes.

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 the PCDOH website at www.putnamcountyny.com/health or visit the social media sites on Facebook at www.facebook.com/putnamhealth and Twitter @PutnamHealthNY.

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