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Putnam County Observes National Food Day on October 24

Local Organizations Commemorate Day with Numerous Events

Putnam County – Changing the way Americans eat and think about food is the ultimate goal of Food Day, a new national observance being held on October 24. Underscoring the day’s importance, the Putnam County Legislature has officially proclaimed the Monday date as “Food Day” in the County and many local organizations are celebrating with events throughout the month to support and promote healthy, affordable and sustainable food systems in America.

Like Earth Day, which is generally credited with launching the modern environmental movement back in the 1970s, Food Day was envisioned with the hope that it will spur on today’s generation to change the way we think about, produce, and consume food. Food Day efforts, spearheaded by the nonprofit Center for Science in the Public Interest, are aimed at encouraging Americans to “Eat Real,” in the simplest terms, by incorporating more fresh, unprocessed foods into their diet to reduce the epidemic of diet-related diseases, including obesity. The day however is not solely focused on solving issues of consumption alone, but also on production, access and the marketing of food.

Locally Food Day is being supported by the Live Healthy Putnam Coalition, a group of various organizations throughout the county that includes school districts; hospital, healthcare, non-profit and government agencies; restaurants and supermarkets—even small businesses, faith-based groups and libraries—all with an interest in preventing chronic diseases and improving the health of residents. The Putnam County Department of Health serves as the lead agency for the coalition.

Putnam events begin with a Farm Tour and Cooking Demo at Ryder Farm in Brewster on Wednesday, October 5th at 6:00 PM and a movie screening of “What’s on My Plate?” at the Freight House Café in Mahopac on Friday, October 7th, at 7:00PM. For a listing of other local events, please visit: www.putnamcountyny.com/livehealthyputnam.

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