

NEWS FROM Legislator

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Students Learn That 'Eating the Rainbow' Is Key to a Healthy Lifestyle



Suffolk Legislator Lou D'Amaro (D-Huntington Station) joins students at Chestnut Hill Elementary School in Dix Hills, their Principal Chad Snyder, Huntington Town Councilwoman Susan Berland and PTA Nutrition Committee organizers Celines Brandstetter, Lynn Epstein, Nancy Mahdessian and Sharon Pesner at the closing ceremonies of the school's "Eating the Rainbow" program

(more)

(HUNTINGTON STATION, NY... February 15, 2011) – A popular children’s song teaches youngsters how to “Sing a Rainbow,” and now students at Chestnut Hill Elementary School in Dix Hills have learned the importance of eating one, thanks to the efforts of their school PTA. Suffolk County Legislator Lou D’Amaro (D-Huntington Station) recently joined Chestnut Hill students, parents, teachers and administrators to celebrate the successful conclusion of their “Eating the Rainbow” program, an innovative week-long nutritious eating event developed by the school’s PTA Nutrition Committee.

The “Eating the Rainbow” program encouraged, educated and supported healthy eating habits in students and their families by highlighting the variety of colorful fruits and vegetables they should consume on a daily basis. The week-long event focused on a different color each day with in-class and at-home activities designed to teach the nutritional value of the various fruits and vegetables that make up each hue of the rainbow. Students learned how to properly select and track the consumption of these items during their daily eating routines. Chestnut Hill was the first of the seven elementary schools in the Half Hollow Hills district to implement this program

Legislator D’Amaro presented a Proclamation to Chestnut Hill Principal Chad Snyder and “Eating the Rainbow” program committee organizers Sharon Pesner (chairperson), Celines Brandstetter, Lynn Epstein and Nancy Mahdessian at the closing ceremonies.

“It is vitally important that we encourage children to lead healthy lives by teaching them to set goals and make the right food choices,” said Legislator D’Amaro. “‘Eating the Rainbow’ is a fun, nutritionally sound program that is easy for both kids and adults to follow. I applaud Chestnut Hill for providing students with the knowledge they need to make healthy eating a life-long pursuit.”

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