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Legislator Martinez joins County Executive Steven Bellone as He Announces Healthy Eating at Vending Machines in the Brentwood School District

Legislator Monica R. Martinez joined Suffolk County Executive Bellone and the Brentwood School District to announce new federal guidelines that will remove unhealthy foods from vending machines within the schools.

New Federal standards call for entrees to be less than 350 calories and snacks to be less than 200 calories.

“It is important to teach children about the benefits of healthy eating and exercising when they are young so they will seek out healthy foods on their own as teens and adults. Providing children the opportunity to get healthy foods from our vending machines is a first step in fighting this nationwide epidemic of obesity,” stated Legislator Martinez.

According to a U.S. Department of Health and Human Services report, "Childhood Obesity" and the number of overweight teens has tripled since 1980. Legislator Martinez added, “Teenagers are making unhealthy choices which may have a negative impact on them as adults. Health problems such as diabetes and high blood pressure are all very real consequences of unhealthy eating.”

To see more of this press conference, go to <http://longisland.news12.com/news/healthy-snacking-program-to-come-to-li-schools-1.8569465>



Photo: Courtesy of County Executive's Office