

HealthReach Community Health Centers



Contact: Joshua D'Errico
Communications Department
Tel. 207-660-9914

Joshua.Derrico@HealthReach.org
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FOR IMMEDIATE RELEASE

4th Grade class at Strong Elementary participates in Healthy Snack Day

STRONG – On March 17, Ms. Mitman's fourth grade class celebrated Nutrition Awareness Month with a fun-filled lesson on healthy snacks. Eva Greenthal and Nadene Pillsbury from Strong Area Health Center and Molly Clark from Let's Go! Franklin County visited the classroom to teach students the difference between 'Go Foods, Slow Foods, and Whoa Foods', discuss the benefits of eating healthy snacks, and impart skills for reading Nutrition Facts labels. Students also enjoyed a healthy, delicious snack of fruit kabobs dipped in yogurt and granola.

For many of the students, this was their first introduction to the 5-2-1-0 message: 5 fruits and vegetables, 2 hours of recreational screen time or less, 1 hour of physical activity, and 0 sugary drinks each day. Let's Go! is a nationally recognized childhood obesity prevention program implemented throughout Maine. The organization partners with schools, childcare and afterschool programs, healthcare practices, and community organizations to promote the 5-2-1-0 message and create healthier environments for children and families to live, learn, work, and play. Strong Area Health Center is a recognized 5-2-1-0 Let's Go! Healthcare Site of Distinction and partners with schools and community groups to promote nutrition and physical as part of the HealthReach Youth Initiative. Interested in learning more about the HealthReach Youth Initiative? Contact Eva Greenthal, AmeriCorps VISTA Member, at eva.greenthal@healthreach.org or 660-9915.



A student with his fruit kabob

About Strong Area Health Center

Strong Area Health Center is a NCQA Patient-Centered Medical Home and is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Dedicated providers deliver high quality medical and behavioral health care to citizens in over 80 rural communities. To ensure access for everyone,

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HealthReach accepts Medicare, MaineCare and major insurances. In addition, an Affordable Care Program is available to uninsured and underinsured residents as well as assistance with applications for programs that help with the cost of health care and medications including the Health Insurance Marketplace. A private, non-profit celebrating a 40-year history, HealthReach is funded by patient fees, grants and individual donations.

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