

# HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

## 4th and 5th Graders at Phillips Elementary participate in Healthy Snack Day

PHILLIPS—On June 3, Ms. Maceda's 4<sup>th</sup> grade class and Mr. Piekart's 5<sup>th</sup> grade class gathered for a special program to end the school year on a healthy note. Visitors Eva Greenthal from Strong Area Health Center and Molly Clark from Let's Go! Franklin County delivered a 90-minute program about healthy snacks. Students learned the difference between 'Go Foods, Slow Foods, and Whoa Foods,' discussed the benefits of eating healthy snacks, and gained skills for reading Nutrition Facts labels. Students also enjoyed a healthy snack of fruit kabobs dipped in yogurt to affirm that a healthy choice can also be a delicious one!



A student proudly displays her fruit kabob

At the end of the lesson, students were asked to share one new thing they learned. Responses included: "that juice has a lot of sugar and is not a 'Go Food';" "new, tasty ways to enjoy rice cakes, like adding peanut butter, cheese, or fruit;" and "that there is a ton of salt in Doritos!" The healthy snacks lesson is available through the HealthReach Youth Initiative, a program that promotes nutrition and physical activity to children and families in HealthReach communities. Strong Area Health Center is proud to partner with Let's Go! to serve as a health education resource for local schools, and offers a variety of other school programs including a StoryWalk, sugary drinks learning activity, and more.

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**About Let's Go!**

Let's Go! is a nationally recognized childhood obesity prevention program implemented throughout Maine and in a few communities in neighboring states. Let's Go! partners with schools, childcare and out of school programs, healthcare practices and community organizations to change environments where children and families live, learn, work and play.

**About Strong Area Health Center**

Strong Area Health Center 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, 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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