

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

FOR IMMEDIATE RELEASE  
Date October 21, 2014

contact: Public Information 561-671-4014  
[press50@doh.state.fl.us](mailto:press50@doh.state.fl.us)



FLORIDA DEPARTMENT OF HEALTH IN PALM BEACH COUNTY  
**Healthy Affordable Sustainable Foods for All**

PALM BEACH COUNTY, FL--The Florida Department of Health in Palm Beach County recognizes October 24, 2014 as Food Day a nationwide celebration of healthy, affordable, and sustainably produced food.

Food Day inspires Americans to change their diets and food policies. The typical American diet contributes to obesity, diabetes, heart disease, and other health problems. The costs of care for chronic diseases from obesity alone are expected to be \$34 billion over the next 17 years.

Many initiatives are under way within the Health Department in Palm Beach County including the 5-2-1-0 program, [www.5210letsgo.com](http://www.5210letsgo.com), that encourages 4 daily, healthy behaviors that include eating five servings of fruits and vegetables; two hours or less of screen time; one hour of physical activity; and zero sugary drinks. There is also the Healthiest Weight Florida initiative, [www.healthiestweightflorida.com](http://www.healthiestweightflorida.com), that encourages public-private collaboration to help children and adults make choices about healthy eating and active living.

"Food Day is a perfect opportunity to remind everyone that eating healthy nutritious foods is a great way to support a long healthy life," said Health Department Registered Dietitian Sue Grammond.

Friday, October 24 the Nutrition Program in the Health access Division of the Florida Department of Health in Palm Beach County is sponsoring nutrition sessions, food demonstrations, special recipe preparations like Carrot Cake Salad, in the Lobby of its West Palm Beach Health Center and Delray Beach Health Center and Annex beginning at 9 AM.

In addition, the School District of Palm Beach County School Food Service Department will be offering mini sweet peppers from a local farm and pineapple to students at lunch in the cafeterias on the 24<sup>th</sup>.

Information on various nutrition programs can be obtained at [www.pbchd.com](http://www.pbchd.com), and [www.foodday.org/](http://www.foodday.org/).  
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**Florida Department of Health**

Palm Beach County • Public Information  
P.O. Box 29, 800 Clematis Street, West Palm Beach, FL 33402  
PHONE: 561-671-4014 • FAX 561-837-5197

**www.FloridasHealth.com**

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