



**Andrew J. Spano**  
County Executive

January 2009

Dear School Official,

The Westchester County Department of Health encourages schools throughout Westchester to participate in No Junk Food Week during the month of March – National Nutrition Month – by asking students to sign a pledge promising to eat healthy snacks instead of junk food for one week. The Health Department provides incentives that schools can raffle off to participating students.

The program has grown in popularity since Westchester County's Department of Health began encouraging school participation in 2004. Last year's No Junk Food event was a tremendous success. Fifty-one schools, with more than 29,000 students, participated. Greenburgh Central School District's Richard J. Bailey School received a certificate of recognition for having the highest level of participation (80%) in No Junk Food Week. The children in the school were treated to a low-fat ice cream party provided by Edy's. This party and the school's No Junk Food activities also were featured on Channel 7, in The Journal News and on News12.

No Junk Food Week is sponsored by Fit Kids, a Health Department program that encourages schools in Westchester to fight childhood obesity. Since Fit Kids was introduced in 2003, the Health Department has worked with a number of schools to develop programs that promote healthy eating and exercise. School districts such as Port Chester, Mount Pleasant, Ossining, Rye, Rye Neck, Yorktown and others have planned activities and offered healthy food alternatives, helping students to make better choices.

I'm writing to ask your school to participate in No Junk Food Week, and to add that it is not too late to join our Fit Kids program. This is the perfect opportunity to get involved. Enclosed are sample pledge forms and other materials. These resources and other valuable health promotion resources are available online at <http://www.westchestergov.com/health/FitKids.htm>. Please call the Health Department at 914-813-5231 to request incentives.

By encouraging your school to participate in No Junk Food Week you can help students learn about healthy alternatives that can reduce their risk for becoming overweight and developing health problems later in life.

For more information about No Junk Food Week or about the Fit Kids program, please call the Health Department at 914-813-5231.

Sincerely,

A handwritten signature in blue ink, appearing to read "Andrew J. Spano". The signature is fluid and cursive, written over a white background.

**Andrew J. Spano**  
County Executive