

Richard J Bailey School Celebrates No Junk Food Week

Richard J. Bailey School, in the Greenburgh school district, celebrated National Nutrition Month with a number of activities to encourage positive lifestyle changes.

The school nurse created a "wellness wall" outside her office to promote the school's activities. Students participated in the 5 A Day challenge for a week during which time they charted their fruit and vegetable intake. The cafeteria featured various fruits and vegetables such as a salad bar and fresh mangos.

The importance of physical activity was also emphasized. Students logged their physical activity and Dannon sponsored a school assembly featuring Jack Ryan, the "Hoop Wizard."

Richard J Bailey participated in Westchester County's No Junk Food Week activity and students completed contracts, signed by parents, indicating that they ate healthy snacks for the week. Dannon donated yogurt which was enjoyed by students every Wednesday during the month.

The school hosted a "snack cook-off" contest. Students prepared healthy snacks for their classrooms and provided the recipes. Each class voted for their favorite snack. The winners were evaluated by a panel of judges who selected the top three snacks. Snack recipes were consolidated into a healthy snack cookbook that was sent home to parents.

Edy's Ice Cream donated enough "slow-churned" ice cream for the whole school to enjoy a tasty treat that was lower in sugar, fat and cholesterol than regular ice cream. Granola and fresh fruit toppings were on hand. County Executive Andy Spano visited the school and scooped ice cream while congratulating the students for their efforts.



County Executive Andy Spano helps serve ice cream to students.

Richard J. Bailey students proudly display their "snack cook-off" entries.

