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**SUFFOLK COUNTY COMMUNITY COLLEGE CELEBRATES NATIONAL
NUTRITION MONTH WITH COMMUNITY EVENTS TO ENCOURAGE HEALTHY
EATING AND FIGHT CHILDHOOD OBESITY**

Riverhead, NY – During the month of October, Andrea Glick, a Chef Instructor at Suffolk County Community College, along with students in the College’s Culinary Club, joined colleagues from the Eastern Long Island Chapter of the ACF (American Culinary Federation) to celebrate National Nutrition Month.

Activities included a series of community events that were part of “Lunch Break for Kids,” an educational effort founded by the makers of Hidden Valley Original Ranch dressings and dips and the Chef and Child Foundation. “Lunch Break for Kids” was launched last year with support from about 75 chefs across the country. This year, the goal was to have more than 1,000 chefs participate by organizing outreach events and raising funds to support childhood nutrition and nutrition-based education materials for kids and families.

Throughout the month of October, Chef Glick and her students held events at Little Flower, Suffolk County Girl Scouts, Riverhead Country Day School, Remsenberg Elementary School, Southampton High School and Wyandanch High School. The events ranged from working with girl scouts on badges to visiting schools for hands-on food demonstrations—all designed to showcase how simple food that is high in nutrition can make for healthier bodies.

At some of the food demonstrations, Chef and her students helped the children arrange sliced veggies into “superhero” figures and then dip them into various flavored dressings. They followed that by creating a “Berry Blast”—a yogurt and fruit smoothie topped with fresh fruits—and then comparing their healthy smoothie with the sugary version found at fast food outlets.

Chef Glick said, “I’m very happy to be a part of passing on the message of healthy eating while involving my students from Suffolk. Childhood obesity has more than tripled in the past 30 years. It is so important that we reach out to the community and teach our children at an early age how to live a healthy lifestyle.”



Photo Caption: Culinary student, Ethan Crook and Chef Larry Weiss, President of American Culinary Federation-Eastern Long Island, introduce a rainbow of fruits and vegetables to Remsenberg Elementary School students.

About Suffolk County Community College

Suffolk County Community College (SCCC) is the largest community college in the State University of New York (SUNY) system, enrolling approximately 26,000 students at its three campuses in Selden, Brentwood and Riverhead. SCCC offers the Associate in Arts (A.A.), Associate in Science (A.S.), and Associate in Applied Science (A.A.S.) degrees, as well as a variety of certificate programs. Offering affordable college tuition, a highly respected Honors program, extensive extracurricular activities, championship athletic teams, and numerous transfer programs, SCCC is a first-choice college for Long Island students. Visit us online at sunysuffolk.edu.

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