

The School District of Palm Beach County wants you to join the campaign to practice better health through good nutrition!

## Lake Shore Middle School ~ Health Fair

This year's theme is: **“Enjoy the Taste of EATING RIGHT”**



In an effort to promote healthful eating along with physical activity and in conjunction with the March National Nutrition Month®, the School Food Service Department has organized an educational health fair to be held at **Lake Shore Middle School** at 425 W. Canal Street No., Belle Glade, Florida. All students will be exposed to the health fair during their lunch period which will take place in the school cafeteria.

The health fair will be on:

**Wednesday, March 12, 2014 from 10:45 A.M. to 1:15 P.M.**

The goal of the health fair is to provide students and staff with an opportunity to view exciting health and wellness displays, receive educational materials, prizes, as well as free samples of colorful and tasty fruits and vegetables. A variety of educational booths will be set up to target specific aspects of health and wellness which include:

- ♥ Lake Shore Middle - School Nurse
- ♥ Lake Shore Middle Medical Academy
- ♥ Healthy Mothers Healthy Babies
- ♥ R.C. Hatton Farms
- ♥ UF/IFAS Extension Agency
- ♥ 4H Youth Development Organization
- ♥ The Palm Beach County Drowning Prevention Coalition
- ♥ Everglades Research & Education Center
- ♥ Bridges at Belle Glades
- ♥ Palm Beach County Fire Rescue ~ Battalion 7
- ♥ Safe Kids Palm Beach County
- ♥ Ellen Smith, Physical Education teacher
- ♥ Erneston & Sons Produce, Inc.
- ♥ District's Employee Wellness
- ♥ The School Food Service Department promoting...*eat right.*®

For more information contact Paula Triana, RDN, LD/N, School Food Service Department, Assistant Director of Nutrition & Wellness Promotion at (561) 383-2026.

**Good nutrition practice promotes better public health.  
Public health is everyone's business.  
Working together...we can make a difference in the public health of our community.**