

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

Forest Hill Elementary School ~ Health Fair

“Fruits & Veggies...More Matters”



In an effort to promote healthy food choices through the increased consumption of fruits and vegetables the School Food Service Department has organized an educational “Health Fair” to be held at **Forest Hill Elementary** school. All students will be exposed to the health fair during their lunch period which will take place in the school cafeteria.

Forest Hill Elementary “Health Fair” will be on:

Thursday, October 23, 2014 from 10:00 a.m. to 1:15 p.m.

This “Health Fair” event will provide the students and staff of **Forest Hill Elementary** 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:

- ♥ Palm Beach County UF/IFAS Extension Agency
- ♥ 4H Youth Development Program
- ♥ Caridad Center
- ♥ Richard David Kann Melanoma Foundation
- ♥ Erneston & Sons Produce, Inc.
- ♥ R.C. Hatton Farms, Inc.
- ♥ Drowning Prevention Coalition of Palm Beach County
- ♥ District’s Employee Wellness
- ♥ Forest Hill Physical Education Teacher and School Health Nurse
- ♥ Forest Hill students showcasing their musical talents
- ♥ Forest Hill Art Teacher and students
- ♥ School Food Service Department promoting the theme: **“Fruits & Veggies...More Matter”**

For more information contact the School Food Service Department - Chantal Gellermann, Nutrition Educator at (561) 383-2005 or Paula Triana, Manager – Nutrition & Wellness Promotion at (561) 383-2026.

Come and enjoy the FUN!!

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.