

**OPEN DOOR'S SCHOOL-BASED HEALTH CENTERS
DECLARE MARCH 14 THROUGH 18 "NO JUNK FOOD WEEK" IN PORT CHESTER**

In recognition of National Nutrition Month, Open Door Family Medical Centers' five School-Based Health Centers throughout the Port Chester School District are encouraging families to trash the Twinkies and forgo Hawaiian Punch during "No Junk Food Week." From March 14 through 18, students will participate in a number of activities during and after the school day designed to spark a community conversation about nutrition and reinforce the importance of a healthy, well-balanced diet in children and their families.

The week's comprehensive attack on junk food includes age-appropriate activities ranging from a Healthy Snack Exchange for students in the elementary schools to "Did You Know..." commercial spots recorded by high school students participating in Open Door's Future Health Care Leaders program. "Balanced Plate Spotters" will visit lunch lines at Port Chester Middle School and assist students with choosing a well-balanced meal. Students will also present demonstrations for parents about what lies beneath the most commonly consumed beverages and visit local supermarkets to inform shoppers about the week's deals on nutritious selections.

[National Nutrition Month](#)[®] is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian Day, also celebrated in March, increases awareness of registered dietitians as the indispensable providers of food and nutrition services and recognizes RDs for their commitment to helping people enjoy healthy lives.

About Open Door Family Medical Centers

Open Door has received the highest Recognition as a Patient-Centered Medical Home™ (PPC-PCMH™) from the National Committee for Quality Assurance (NCQA). This ranking distinguishes them from medical practices across the nation as less than 12% are presently eligible to achieve this advanced standing. For 38 years, the federally qualified community health center serves a multi-cultural community and has provided top quality medical, dental care and social services to the Westchester community, particularly the economically disadvantaged. Open Door has four centers in Westchester located in Ossining, Port Chester, Mt. Kisco and Sleepy Hollow. In addition, Open Door operates five [school-based health centers](#) in Port Chester at The Edison Elementary School, Park Avenue School, Kennedy Magnet School, Port Chester Middle School and Port Chester High School. In 2009, approximately 40,000 patients were treated at Open Door, making nearly 170,000 patient visits. Over 13,483 children were treated during that same year. Funding for Open Door Family Medical Centers comes from local, state and federal grants as well as private foundations and individuals.



OPEN DOOR
FAMILY MEDICAL CENTERS

165 MAIN STREET | OSSINING, NY 10562

WWW.OPENDOORMEDICAL.ORG

914.502.1410