**CONNECTICUT ACADEMY OF NUTRITION AND DIETETICS CelebrateS FOOD DAY by ORGANIZING**

**APPLE CRUNCH EVENTS THROUGHOUT THE STATE**

***More than 5,000 Students, Hospitals and Health Organizations Participated in CT’s First Apple Crunch***

**HARTFORD, CT** **(October 27, 2014**) – Food Day is a nationwide celebration and movement to promote healthy, affordable, and sustainable food, and to inspire Americans to change their diets. Every October 24, thousands of events around the country bring Americans together to celebrate and enjoy real food and to push for improved food policies.

To commemorate October 24 Food Day in Connecticut, the Connecticut Academy of Nutrition and Dietetics organized the state’s first-ever “Apple Crunch” with more than 5,000 schools, partner health organizations, hospitals and community health centers simultaneously crunching into an apple at Noon today.

Here are some of the highlights from the Apple Crunch events today:

**Danbury**

Mayor Mark Boughton officially proclaimed Food Day in Danbury and led an Apple Crunch at the Danbury Farmers’ Market at Noon. In addition to the crunch, the Danbury Farmers’ Market Collaborative handed out free apples and apple recipes all day at the market and had a registered dietitian nutritionist on hand to answer nutrition questions.

The Coalition for Healthy Kids works to improve the overall health of children and families in Greater Danbury through advocacy for healthy eating and physically active lifestyles. In recognition of Connecticut Food Day, 10 community partners are joining forces to promote Food Day with children attending school readiness and after-school programs in Danbury along with the Regional YMCA of Western Connecticut.

**Stamford**

Chartwell’s Foodservice hosted an Apple Crunch event at Cloonan Middle School with more than 300 students. Apples were donated by Bishop Orchards and teachers got into the fun incorporating apples into the curriculum. All students also received an Apple Crunch dessert at lunch, created by Chef William Weitzler, Executive Chef at Stamford Public Schools Dining Services.

**West Hartford**

The University of Hartford Magnet School (pre-K – grade 5) had 550 Macoun apples from Scotts Orchards and Nursery in Glastonbury donated for their crunch. Their 451 students and faculty were given an apple during lunch time, and held a crunch at Noon.

**Derby**

In addition to doing a crunch at Noon, Griffin Hospital Dining Room created a large farmers market from 11 – 2 where they handed out more than 300 free apples and held a Q&A with their Chef and dietitians.

**Community Health Care Centers (CHC)**

CHC, one of the leading health-care providers in the state of Connecticut is focused on improving health outcomes for their special population patients as well as building healthy communities. Employees and patients in eight of their sites celebrated Food Day with free apples and nutrition information.

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- 2 -

Other organizations included: GROW Windham (250 people); Head Start of Northern Fairfield County (80 people);
University of New Haven (12 people); Chartwells Rham High & Middle Schools; Regional Multicultural Magnet School in New London, CT (400 students); Wethersfield Public Schools; Connecticut Food Bank in East Haven (50 people); The Wallingford Community Day Care Center (70 people); Martin School, Manchester Food and Nutrition Services (300 people); State Education Resource Center (30 people); Community Health Center of New Britain (30 people); University of St. Joseph Nutrition Club (10 people); Bridgeport Hospital Food & Nutrition (11 people); Yale New Haven Hospital Saint Raphael Campus (100 people); CT State Department of Education (State Agency Training for School Child Nutrition Programs with 150 participants); Convent of the Sacred Heart Greenwich (800 participants); Woodstock Academy (1000 participants); Salvation Army & The Right Place (100 participants); University of St Joseph SNAP-ED Nutrition program (10+ participants); and the Connecticut Children's Medical Center (11 participants).

“We are thrilled with the participation of our Registered Dietitian Nutritionists and Dietetic Technicians, Registered in Connecticut’s first Apple Crunch event to commemorate Food Day 2014,” said Pat Baird, MA, RDN, FAND, President of the CT Academy of Nutrition and Dietetics. “The Apple Crunch helps reinforce and celebrate locally grown food, and we hope it will inspire Connecticut residents to improve their own diets and work toward solving food-related problems at the local and state level. Our sincerest thanks to our members and health organization partners for making Food Day 2014 a success in the Nutmeg state.”

Pictures of the events can be found by searching for the hashtags #EatRightCT #CTAppleCrunch #FoodDayCT on social media.

The Connecticut Academy of Nutrition and Dietetics ([www.eatrightct.org](http://www.eatrightct.org)) serves the public through promotion of optimal nutrition, health, and well-being.As the leading advocate of the dietetic profession in Connecticut, our membership includes Registered Dietitian Nutritionists, Dietetic Technicians, Registered, students, and retirees of the profession. Chartered by the [Academy of Nutrition and Dietetics](http://www.eatright.org/), the CT Academy is committed to serving the public in the state of Connecticut, while supporting activities at the national and international level. For more information visit the website at [www.eatrightct.org](http://www.eatrightct.org/).

Started by the nonprofit [Center for Science in the Public Interest](http://www.cspinet.org/) and other food leaders in 2011, Food Day is an event that organizers hope will inspire many Americans to improve their own diets and work toward solving food-related problems at the local, state, and national level. Last year, more than 5,000 Food Day events took place. For a list of participating organizations and Food Day events taking place in Connecticut, visit <http://www.foodday.org/connecticut>.

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