

## Herkimer County HealthNet Celebrates Food Day

October 17, 2011

Dear Editor:

National Food Day is Monday, October 24<sup>th</sup>. Its purpose is to bring together families, health professionals, community organizers, and local officials to push for healthy, affordable food. On behalf of Herkimer County HealthNet, I would like to remind you of some of the current efforts taking place in Herkimer County and the organizations that have continued to support our community as well as this effort.

Some farmers' markets in Herkimer County are celebrating their last hurrah for the season this week. For more information about the markets, please visit <http://farmmarket.herkimerhealthnet.com/>.

The Herkimer County Local Foods Map lists Herkimer County food providers including fruits and vegetables, various meats, cheese, and spices, and a friendly map and harvest seasons. These maps are distributed throughout local organizations as well as area businesses in Herkimer County. You may review a PDF file of the updated map by visiting <http://farmmarket.herkimerhealthnet.com/docs/herkimerlocal.pdf>

Catholic Charities of Herkimer County hosts two food programs; food pantries and food \$EN\$E. Food pantries assist households and individuals with emergency and supplemental food packages. Food \$EN\$E offers families the opportunity to purchase groceries through a food co-op program with guaranteed savings over local retail prices. More information about donations to food pantries can be found by visiting <http://www.ccherkimercounty.org/services.html#ecumenical>

Meals on Wheels, a program provided by the Herkimer County Office for the Aging, provides home delivered meal services to home-bound people and senior citizens age 60 and over. <http://herkimercounty.org/content/departments/View/3>

You can also make a difference by making monetary contributions to any of the above services or donate healthy, non-perishable items to your local food pantry.

Sincerely,

Adam Hutchinson  
Executive Director