



NEW YORK STATE SENATOR

Gustavo Rivera

State Senator Rivera, MARC Academy & Family Center and South Bronx Job Corps Host “Eating Healthy During the Holidays”

GUSTAVO RIVERA December 14, 2012

| ISSUE: **NUTRITION**

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BRONX, NY- State Senator Gustavo Rivera (D, WF) joined **MARC Academy and Family Center** as well as **South Bronx Job Corps** this **Friday, December 14, 2012 at 11:00AM** at **2105-2111 Jerome Avenue** for a special presentation and tasting of healthy foods to eat during this holiday season.

"During this holiday season it is important to remember that we can still enjoy our favorite meals while remaining healthy." said **Senator Gustavo Rivera**. "I would like to commend MARC Academy and Family Center as well as

the South Bronx Job Corp Culinary Arts Program for hosting this event and reminding us that we can be healthy and still enjoy the season"

"Healthy eating is not a diet," said **Anna York, Executive Director of MARC Academy & Family Center**. "It means making changes you can live with and enjoy for the rest of your life, changes that include adding more fresh fruits, vegetables, whole grains and cutting back on foods that have a lot of fat, salt, and sugar. It's about reducing your risk factors for such diseases as Type 2 diabetes, hypertension, heart diseases and even some cancers."

"The South Bronx Job Corps Academy alongside MARC Academy is committed to educating the youth on the importance of eating healthy, not only during the holidays but all year round."

Dozens of Bronxites attended this free event and participated in the healthy food tasting. This is the second "Healthy Eating" event that MARC Academy & Family Center, South Bronx Job Corps and Senator Rivera hosted in the 33rd Senate District.