



# Clinton County Health Department

Paula Calkins Lacombe, Director of Public Health  
133 Margaret Street, Suite 117, Plattsburgh, New York 12901-2968



**Public Health**  
Prevent. Promote. Protect.

**“Working Together for a Healthier Community”**

Health Information Line: (518) 565-4490 Web: [www.clintonhealth.org](http://www.clintonhealth.org)

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**Nutrition Services Unit**

**Coordinator:** Jerie Reid

**Phone:** (518) 565-4830

**Fax:** (518) 565-4502

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**Clinton County Health Department  
Press Release  
Children’s Healthy Library Resources  
April 13, 2009**

The Clinton County Health Department’s Eat Well Play Hard Program has purchased and donated children’s nutrition and physical activity books and DVDs to the CEF Library System and the Plattsburgh Public Library. These books will be circulated throughout the CEF Library System and are now on display in the children’s section at the Plattsburgh Public Library.

Among the books circulating are healthy cookbooks such as: *The Mom’s Guide to Meal Makeovers*, *Deceptively Delicious*, *Kid Friendly Recipes*, *Quick Meals for Healthy Kids and Busy Parents*, and *Salad People and more Real Recipes*. Other nutrition books for children include *Your Child’s Weight Without Harming*, *Secrets of Feeding a Healthy Family*, *The Healthy Lunchbox*, and *Lunchbox Menus for You*. Physical Activity books and DVDs are also included in the circulation including: *Dr. Rob’s Guide to Raising Fit Kids*, *365 Activities for Fitness, Food, and Fun for the Whole Family*, and a variety of children’s yoga and dance videos.

It is important for children and their families to stay active and eat a nutritious diet. These books can help guide families in the right direction. The Eat Well Play Hard Program is focused on decreasing childhood obesity through practice, environmental, and facility changes, which can assist residents in making healthier lifestyle choices.

For more information on the Clinton County Health Department’s Eat Well Play Hard Program contact the Health Department at 565-4840 or visit the website at [www.clintonhealth.org](http://www.clintonhealth.org).

Endorsed By: \_\_\_\_\_

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Director of Public Health