



Orange County Government
Office of the County Executive Steven M. Neuhaus
NEWS RELEASE

For Immediate Release
January 12, 2017

Contact: Justin Rodriguez
845.291.3255

Orange County Health Department helps introduce “Dining with Heart in Orange County”

Kickoff event held at Isla Bella Restaurant in Middletown

Goshen, N.Y. - Orange County Commissioner of Health Dr. Eli Avila and his staff joined representatives from the American Heart Association on Wednesday evening at Isla Bella Restaurant in Middletown for the County’s “Dining with Heart in Orange County” program kickoff.

Orange County Legislator Matt Turnbull and JoAnn Parker, Hudson Valley Corporate Development Director for the American Heart Association, also attended the event. The “Dining with Heart in Orange County” initiative encourages restaurants to add heart healthy items to their menus during February’s American Heart Month.

“We are thrilled to kickoff this program and work with our local restaurants to promote healthy dining,” Avila said. “We want to encourage food service facilities to make great tasting food that is also healthy for you.”

Isla Bella is co-owned by Jose and Kelly Pollock, who is a Registered Dietician. The restaurant specializes in Puerto Rican cuisine and introduced its heart healthy menu items at Wednesday’s event, including Grilled Scottish Salmon over Isla Bella Salad, Baked Chicken with grilled vegetables and black beans, Sancocho (low sodium Puerto Rican beef stew), Stuffed Avocado and Puerto Rican-style tacos.

“We are excited to collaborate with the American Heart Association on this exciting program,” Orange County Executive Steven M. Neuhaus said. “I also appreciate that Isla Bella is being proactive and encouraging its patrons to make heart healthy choices. “The “Dining with Heart in Orange County” is a wonderful way to promote eating healthier when dining out and I’m proud of the hard work that our Health Department has done in support of this effort.”

Eateries that participate in the “Dining with Heart in Orange County” program will be listed on the Department of Health’s website and be featured in a special e-blast to residents and Healthy Orange partners. “Dining with Heart in Orange County” is part of the American Heart Association’s Healthy For Good initiative.

“I am happy to partner with County Executive Neuhaus, the Orange County Department of Health and the American Heart Association on this campaign to increase our community’s awareness of heart health,” Pollock said. “Getting restaurants on board to modify the fat and sodium content of some of their signature dishes and seeking ways to add more nutritional value is a wonderful way to help the public realize that healthy food can taste good.”

Added Parker: “You don’t have to sacrifice your healthy eating habits when dining out. Many restaurants offer delicious meals that are healthy, or they will prepare your food to order with lower sodium and added fats. The healthy options are on the menu, you just have to speak up for your health.”

Healthy For Good is a program designed to encourage Americans to live healthier lives, inspire lasting change, and unify people around the simple idea that making a small change today can create a difference for generations to come. For tips from the American Heart Association about healthy dining, visit www.heart.org/diningout.

###



Jose and Kelly Pollock, co-owners of Isla Bella Restaurant, at the County's "Dining with Heart in Orange County" program kickoff event on Wednesday night



Orange County Health and Wellness Program Coordinator Meg Oakes, JoAnn Parker, Hudson Valley Corporate Development Director for the American Heart Association, Orange County Senior Public Health Educator Danielle Moser and Bob Deitrich, Orange County Director of Community Health Outreach, at the "Dining with Heart in Orange County" event at Isla Bella.