



TOWNSHIP OF HILLSBOROUGH

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News Release

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FOR IMMEDIATE RELEASE
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Mayors Wellness Million Hearts Initiative Extended Through March 31st and March / April Contest Announced

March is National Nutrition Month and Colon Cancer Awareness Month

Last month, as part of the American Heart Health Month, the Mayors Wellness Campaign challenged all Hillsborough adults age 20 and over to take the Million Hearts Pledge at www.millionhearts.hhs.gov. That contest will remain open through the end of March announced Mayor Doug Tomson at Tuesday's Township Committee meeting, where he directed residents to the Health Department's website for more information. Winners of this Million Heart Pledge will be announced in April.

"March is National Nutrition Month and Colon Cancer Awareness Month," announced Mayor Doug Tomson. He went on to remind residents that good nutrition is important to proper growth and development in children and to overall good health in adults.

"As continued efforts through the Mayors Wellness Campaign I am happy to announce our next contest," stated the Mayor. "This contest is for the healthiest recipes submitted by our residents, using some of the items distributed through the Hillsborough Community Assistance Network (CAN). The list of ingredients can be found attached to this press release. Extra ingredients can be used, particularly produce items. The winner will receive a gift basket from ShopRite. The contest will be judged for nutritional content by Rachel Simpers, Registered Dietician of ShopRite," concluded Mayor Tomson.

The contest is set to run through the end of April 2014. All entries must be emailed to Siobhan Spano, Health Officer at sspano@hillsborough-nj.org. More information regarding this contest along with other health related topics can be found at the Township's website in the Health Department or by checking out the Friday e-news.

Items Found in the Hillsborough Community Assistance Network (Hillsborough CAN)

Item:

Peanut Butter
Jelly

Cereal
Coffee
Pork & Beans
Various Beans (Kidney, Chick Peas, Black Bean, etc.)
Ketchup
Mustard
Green Beans
Peas
Corn
Gravy
Tomato Soup
Chicken Noodle Soup
Mixed Soups
Mac & Cheese
Flavored Pasta
Tuna Fish
Box Pasta
Box Rice
Spaghetti Sauce
Crushed Tomato
Tomato Paste
Canned Pasta
Canned Fruit
