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Food Bank for Westchester Names Sara Cox Nutrition Resource Manager

The Food Bank for Westchester is pleased to announce that Greenwood Lake, NY resident Sara Cox has been appointed Nutrition Resource Manager.

FOR IMMEDIATE RELEASE

PRLog (Press Release) – Apr 18, 2011 – The Food Bank for Westchester is pleased to announce that Greenwood Lake, NY resident Sara Cox has been appointed Nutrition Resource Manager. In this role, Cox will provide nutrition and food safety information and training to staff and clients of the Food Bank and its 200 frontline hunger-relief member programs, including food pantries and soup kitchens. She will also serve as the Food Safety Compliance Officer for Food Bank member programs and product quality control. She will be working very closely with the New York State Department of Health Hunger Prevention and Nutrition Assistance Program (HPNAP) on food quality and food safety issues.

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Prior to joining the Food Bank for Westchester, Cox was Nutritionist at "Just Say Yes to Fruits and Vegetables," a USDA- and New York State-funded program that provides nutrition education and demonstrations to low-income adults in the community. Before that, she was a nutritionist in a private medical practice in New Jersey. An active volunteer, Cox created and executed a nutrition-education program in her hometown of Greenwood Lake, NY, in cooperation with the mayor and other municipal officials. This summer, she will participate in the Summer Reading Program at the Greenwood Lake Public Library, providing cooking classes for all age groups attending the program. "Sara's extensive knowledge of nutrition and her experience in education and training position her very well to fulfill the duties of the Nutrition Resource Manager," said Food Bank for Westchester Executive Director Christina Rohatynskyj. "In her previous role with 'Just Say Yes To Fruits and Vegetables,' she was already working with many of our member programs, so this will be an easy transition for all." Cox holds a degree in Food Science and Nutrition from Montclair State University, New Jersey. She also recently attained a Culinary Arts degree from the Institute of Culinary Education, New York, NY.

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The Food Bank for Westchester is located at 358 Saw Mill River Road, Millwood, NY 10546.

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About the Food Bank for Westchester: Food Bank for Westchester, one of eight food banks in New York State, acquires, warehouses and distributes more than six million pounds of food annually to over 200 local hunger-relief organizations, including food pantries, soup kitchens, shelters, day care and senior centers. Its mission is to lead, engage and educate Westchester County in creating a hunger-free environment. Its core activity is the collection and distribution of donated, government and purchased food.

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