

# Eateries go on a trim fling

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## Will feature healthy foods all this week

HERE'S ONE food festival that's phat but not fat.

All this week, nine western Bronx restaurants and five bodegas will be offering free samples of the healthiest dishes on their menus or shelves.

The bodegas, near schools, will offer samples of such healthy products as baked chips, low-fat milk and fruit. Organized by Bronx Health REACH and its sister program, Bronx Healthy Hearts, the Bronx Food Festival hopes to potato-chip away at the borough's burgeoning beltline, with an estimated 27% of its residents

considered obese.

The restaurants and bodegas participating in the festival are in Tremont and Highbridge/Morrisania, where rates of obesity, diabetes and heart disease are among the highest in the city.

Organization officials said that because of their efforts, community residents are beginning to take notice of healthy choices.

"Some customers decide to order more vegetables and baked dishes," said a waitress at Estrella Bella restaurant. "Others ask for smaller portions."

Lucy Magris, owner of the L&RG Groceries bodega, near Public School 64, said, "This is such a great way to promote the health for our children, the school and the community."

Bronx Health REACH and Bronx Healthy Hearts have an all-inclusive plan to work with restaurants, bodegas and schools, where children are introduced to new foods, then take their knowledge home.

Bronx Health REACH and Bronx Healthy Hearts are operated by the Manhattan-based Institute for Urban Family Health, with grant support from

the federal Centers for Disease Control and Prevention, and the state Health Department's Healthy Heart Program.

Here's the festival calendar:

Today: Ocoa Restaurant, 23 E. Tremont Ave. (Jerome Ave.), 11 a.m.-1 p.m., and La Sirena bodega, 193 McClellan St. (Grand Concourse), 2:45 p.m.-3:30 p.m.

Tuesday: Feeding Tree, 892 Gerard Ave. (161st St.), noon-1 p.m., and Olamo Corp. bodega, 1836 Anthony Ave. (E. Tremont Ave.), 2:30 p.m.-3:30 p.m.

Wednesday: La Sabrosura, La Estrella, Munch Time,

170th St. and Jerome Ave., noon - 1 p.m., and L&RG Groceries, 152 E. 171st St. (Wythe Place), 2:30 p.m.-3:30 p.m.

Thursday: Estrella Bella, 2051 Webster Ave. (Tremont Ave.), noon-1 p.m., and Washington Food Inc., 2179 Washington Ave. (182nd St.), 2:30 p.m.-3:30 p.m.

Friday: National Bakery, Mi Pueblito, A-Gus at 167th St. and Walton Ave., noon-1 p.m., and Te-Te Fruit & Meat Market, 106 E. 165th St. (Walton Ave.), 2:30 p.m.-3:30 p.m.