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Jericho's Whole Foods Market Visits Café 126

By Denise Nash

Jericho's Whole Foods Market recently joined the Jericho School District's Wellness Coalition and hit the ground running promoting healthy eating habits to Jericho students.

During the High School lunch periods on Fridays, Social Worker Todd Benjamin opens Café 126. The students can stop down during periods 5-8 and be treated to healthy snacks, which are provided by Whole Foods every other Friday. Socialization, communication and relaxation techniques are also taught.

During the grand opening of Café 126 in December, Luisa Wunderlin, a Healthy Eating Specialist from Jericho's Whole Foods, cooked Turkey Chili for the students and plans to make more delicious treats during future visits.

"We recognize our responsibility to be active participants in our local communities," said Chris Ivers, Marketing Team Leader for Jericho's Whole Foods Market. "We have an important message to share. The transition to eating healthy isn't only about what benefits or results it can produce now but also the tremendous effect it can have on helping to prevent future illnesses. Healthy eating is like an investment in your future health and well being."

Coalition members are excited to welcome Whole Foods aboard. "We are thrilled to be partnering with Whole Foods and teaching our students the benefits of eating healthy," said Wellness co-chair Todd Benjamin.



Chris Ivers and Luisa Wunderlin from Whole Foods talk to the high school students about the importance of eating healthy.