



## **Dietician to Volunteer at Penn Street Market on Friday**

READING --- A registered dietician from Reading Hospital and Medical Center will be at the Penn Street Market on Friday, June 14<sup>th</sup> from 1:30 to 2:30 p.m. to provide information to customers and visitors to the market about good nutrition. This is part of a Community Health Project being coordinated by Reading Hospital's Stephanie Kupper-Smith. "I was pleased when Stephanie reached out to me and volunteered to have someone come to the Penn Street Market in 2013 to talk about good eating practices," said Sheila Miller, Berks County's Agricultural Coordinator. "Fresh fruits and vegetables, purchased from our farmer vendors, are key components to good nutrition."

Penn Street Market is an outdoor farmers market located in the 800 Block of Penn Street in the city of Reading. It is open every Friday from 10:30 a.m. until 2:30 p.m. throughout the summer until Friday, October 4<sup>th</sup>. Shoppers can find delicious vegetables, fruit, baked goods, eggs, and other refreshments from local vendors. There is free parking for people driving to the market in the 9<sup>th</sup> and Cherry Street lot. The market is an easy walk from downtown offices and city neighborhoods.

Penn Street Market has a wireless electronic benefits machine so customers can use Supplemental Nutrition Access Program funds and other cash assistance on eligible food. This also allows for credit and debit cards to be used by customers at the market. Farm Market Nutrition Program coupons can also be used at Penn Street Market on eligible produce from farmer vendor Glenn Hoover of Reinholds.

Michelle Lorah and her Perk-Up Truck will be selling delicious smoothies, along with her regular hot and cold beverages. New vendor Pamela Rojas will have her delectable cupcakes for sale.

Music in the Market will be provided by local musician Dave Adams on June 14<sup>th</sup>. Music in the Market runs from 11 a.m. through 1 p.m. every market Friday. Callowhill Café will be the featured restaurant. Restaurant hours are 11 a.m. until 1 p.m. Rotating weeks will feature the three returning restaurants: Chapman's Deli, Mi Casa Su Casa, and Sofrito Gastro Pub.

For more information about Penn Street Market, visit the website at [www.pennstreetmarket.org](http://www.pennstreetmarket.org), find us on Facebook, or call 610-898-5482.