

Coventry To Participate In RI Reading Of "Is Your Hair Made of Donuts" March 11

Elementary schools to take part in state-wide reading day.

By [Lauren Costa](#) | March 9, 2013



Coventry Elementary students will read "[Is Your Hair Made Of Donuts?](#)" March 11 as RI elementary schools join a state-wide reading of the book.

The story is written by East Greenwich resident Joy Feldman, a North Kingstown-based nutritionist, mother of two and award-winning author, who designed it to inspire children to make healthy food choices.

Coventry schools taking part in the event are [Hopkins Hill](#), [Washington Oak](#), [Father John V. Doyle](#) and Head Start

Child, Inc.

During National Nutrition Month, Feldman will celebrate the nationwide release of the children's picture book that explains why the phrase "you are what you eat" may be truer than children think.

That celebration will involve more than 75,000 students at more than 200 schools, libraries, youth programs, and health centers throughout RI during the reading.

"In addition to calling attention to the ever-increasing childhood obesity epidemic, the statewide read demonstrates that are young people can be empowered to make healthier food choices for themselves, when they can. I literally started to recruit schools one at a time, and I am exhilarated at the response, as well as grateful for seven Rhode Island mayors and so many others taking the time to be with the children, sponsor the program, and create an event which can have a lasting impact as the entire country recognizes National Nutrition Month, Feldman said.

There is no cost to participate, with just one book needed for reading purposes. Schools and programs have been adding to the program by recruiting their own readers, local companies to enhance the program, and more. Feldman is asking any school or group that would like to join on to the Statewide Read to register so their participation can be recorded. They will receive a certificate of appreciation for their efforts. More information, including registration information, is available [at the book's website](#), or by emailing Feldman directly at joy@joyfeldman.com.