



HEALTH SERVICES AGENCY

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FRUIT & VEGGIE FEST 2019

Stanislaus County Health Services Agency Nutrition Education and Obesity Prevention Program Partners with Cost Less Foods to Make Shoppers' Health a Priority

WHAT: Cost Less Foods and CalFresh Healthy Living will team up Thursday, May 9 to brighten the grocery shopping experience with the fourth Annual Fruit & Veggie Fest.

Community partners and families will learn how to eat better by adding more fruits and vegetables into each meal to help lower the risk of obesity and other serious health problems. Fruit & Veggie Fest will include taste testing, face painting, music and dancing, Zumba with *Bailoterapia Que Te Mueve* and performances from the Ceres High dance group, *Perpetual Motion Dance*. There will be over 12 vendor booths promoting healthy eating, active living and child safety with many raffle prizes featuring healthy products from local Stanislaus farms and businesses. The grand prize will be new bicycles and safety equipment.

WHEN: Thursday, May 9, 2019
2:00 to 5:00 p.m.

WHO: Stanislaus County Health Services Agency Nutrition Education and Obesity Prevention Program, CalFresh Healthy Living, Cost Less Foods

WHERE: Cost Less Foods
1610 E. Hatch Road, Modesto, CA 95351

VISUALS: Music, Dancing (Zumba & Ceres High's *Perpetual Motion*), bike and pedestrian safety with helmet fittings, informational booths

WHY: Research indicates that having a normal weight significantly reduces the risk of developing type 2 diabetes and other chronic diseases. Events like Fruit & Veggie Fest gives residents the tools they need to make good health a priority.

“Fruit and Veggie Fest is a great way to remind and encourage our local families to add a few more fruits and vegetables to their daily meals,” said Esmeralda Gonzalez, Health Educator with Stanislaus County Health Services Agency. “Adding more fruits and vegetables to our meals are small steps towards improving our health.” *CalFresh Healthy Living* wants to inspire and motivate Californians to *Be Better* by adopting small changes today for a healthier tomorrow. The *NEOP* program and *CalFresh Healthy Living* continues to work with partners to give communities the tools they need to make good health a priority by providing education about healthy choices like tasty and nutritious options for flavoring water, healthy cooking tips, and resources to help families be active.

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