



COUNTY OF YOLO

Office of the County Administrator

Patrick S. Blacklock
County Administrator

625 Court Street, Room 202 ▪ Woodland, CA 95695
Phone: (530) 666-8042 ▪ Fax: (530) 668-4029
www.yolocounty.org

Jenny Tan
Communications Coordinator
Jenny.Tan@yolocounty.org

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Contact: Jenny Tan, Communications Coordinator
W: (530) 666-8042 ▪ C: (530) 908-8170

Healthy Snacks Day on September 12

Healthy, Easy and Affordable Snacking Tips for Yolo County Residents

(Woodland, CA) – Adults, children and families are invited to join Yolo County and Californians across the state to learn how to make healthier snack choices between major meals and as part of an overall balanced diet by attending the following events:

- Wednesday, September 11 from 10:00 a.m. to 12:00 p.m. at Communicare's Salud Clinic, located at 500 Jefferson Blvd. in West Sacramento.
- Thursday, September 12 from 10:00 a.m. to 12:00 p.m. at Communicare's Hansen Family Health Center, located at 215 W. Beamer Street in Woodland.

Sponsored by the CalFresh Healthy Living program, Healthy Snack Day events will provide recipes, tips and tools to help individuals and families achieve healthy snack victories with every choice they make, both on-the-go and in-the-home. Attendees will participate in hands-on, fun activities to learn about healthy snack options for every flavor craving – sweet, savory, crunchy and spicy. Plus, a couple of healthy snack recipes will be featured and available for taste-testing. Activities include:

- Origami Snack Finder: A folded paper game for children that promotes healthy snacking based on their favorite flavors and includes take-home recipe cards.
- Healthy Snack Day Pledge: A pledge for attendees and their families using dry erase boards that documents goals for healthy eating. Sharing on social media channels is encouraged!
- Personal Recipe Finder: A digital experience at www.HealthySnackDay.com that will help users identify the perfect snack recipe based on their favorite ingredients.

About three-fourths of the U.S. population does not eat enough vegetables, fruits and dairy while most Americans exceed the recommendations for added sugars, saturated fats and sodium. Making shifts to a healthy and balanced eating pattern – including snacks – can help meet nutrient needs, support a healthy body weight, and lessen the risk for chronic disease.

Healthy Victories is a social marketing campaign of the California Department of Public Health's CalFresh Healthy Living program. The program educates about and supports individual and community changes that make it easier for Californians to make healthy food and beverage choices and be more physically active. For recipes, resources and support for making healthy choices, follow CalFresh Healthy Living on Facebook, YouTube, Instagram and Pinterest.

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