



# COUNTY OF YOLO

Office of the County Administrator

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## Healthy Snack Day Event Highlights Healthy, Easy and Affordable Snacking Tips for Yolo County Residents

**(Woodland, CA)** – On August 16, 2022, the Yolo County CalFresh Healthy Living team and CommuniCare Health Centers are partnering to host a *Healthy Snack Day* in Woodland to showcase creative ways to make healthier snack choices between meals and as part of a balanced diet. This event will provide attendees with 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.

This event is free and will be held at CommuniCare's Hansen Family Health Center in Woodland from 10 am to 2 pm. with an hour break from 12 pm. to 1 pm, when the Health Center is closed for lunch. *Healthy Snack Day* is a statewide movement and part of the CalFresh Healthy Living *Healthy Victories* campaign. 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 healthy snack recipe 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** – Dry erase boards allow attendees to document their pledge to reach for healthy snacks for themselves and their families. Sharing on social media channels is encouraged!
- **Personal Recipe Finder** – A digital experience at [www.HealthySnackDay.com](http://www.HealthySnackDay.com) helps users identify the perfect snack recipe based on their favorite ingredients.
- **Taste Test** – One of the featured healthy snack recipes will be prepared on-site and available for sampling

About three-fourths of the U.S. population has an eating pattern that is low in vegetables, fruits, and dairy. Most Americans also consume more than the recommended amounts of added sugars, saturated fats, and sodium. Making shifts to a healthy and balanced eating pattern – including snacks – can help people get the nutrients they need, maintain a healthy weight and reduce chronic disease risks.

For recipes, resources and support for making healthy choices, follow CalFresh Healthy Living on [Facebook](#), [YouTube](#), [Instagram](#), and [Pinterest](#).

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