



County of Yolo

HEALTH DEPARTMENT

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For Immediate Release:

Date: February 19, 2009

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Yolo County Celebrates National Nutrition Month

Woodland, CA— On March 7, 2009, Yolo County and La Superior Market will co-host a Nutrition Festival to celebrate healthy eating. Yolo County is one of many communities nationwide to hold events that raise awareness about the importance of nutritious diets including fresh fruits and vegetables during the month of March.

National Nutrition Month Festival – March 7, 2009 from 12:00p.m.-5:00p.m. at the La Superior Market and parking lot at 34 W. Court St., in Woodland.

There will be many activities available for the whole family, including:

- Free health screenings
- booths with information about healthy cooking and free recipes
- Smoothie Bike
- community resources
- fun children's activities
- KBuena (invited)

National Nutrition Month is an educational campaign created to increase awareness about the importance of good nutrition. The purpose of the Yolo County Nutrition Festival is to highlight the importance of a healthy diet in prevention of disease. Research shows that a diet rich in fresh fruits and vegetables, whole grains and lean protein contributes to lower risk of diabetes, heart diseases, cancer, obesity and a multitude of other diseases.

The Yolo County Nutrition Action Plan partners (CNAP), a collaboration of United States Department of Agriculture (USDA) funded nutrition education programs, providing activities include the University of California Cooperative Extension, Woodland Healthcare, Health Education Council—Latino Campaign and Physical Activity, Northern Area Dietetic Association, Healthy Eating Active Living Coalition, Yolo County WIC, and the Breastfeeding Coalition of Yolo County.

For more information on National Nutrition Month or general nutrition go to www.eatright.org . For additional information about the local event, contact Sarah Vanegas, Public Health Nutritionist for the Yolo County WIC Program, at the Yolo County Health Department (530) 666-8446.

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