

Fruit and Veggie Fest

Eat Right When Money's Tight

Join the *Network for a Healthy California—North Coast Region Retail Program* and FoodMaxx for Fruit and Veggie Fest in Ukiah to learn how you can make budget-friendly changes to improve your family's health.

The event is part of a month-long statewide effort to empower low-income families to be Champions for Change by making healthy, active living a priority.

Event Highlights:

- Dance Performances
- Jump House
- Rock Climbing Cube
- Announce Healthy Hero Contest Winners
- Food Tasting by Celebrity Chef
- Fun activities and information from:
 - FoodMaxx
 - FIRST 5 Mendocino
 - Gardens Project
 - Power Play!
 - Food Stamp Outreach
 - Hillside Health Center
- Prize Giveaways and More!



MAY 17, 2009 12-3pm

FoodMaxx
1235 Airport Park Blvd
Ukiah, CA 95482

For More Information Please

Contact:

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OR

www.northcoastnutrition.org



For food stamp information, call
877-847-3663. Funded by the USDA
Supplemental Nutrition Assistance Program,
an equal opportunity provider and employer.