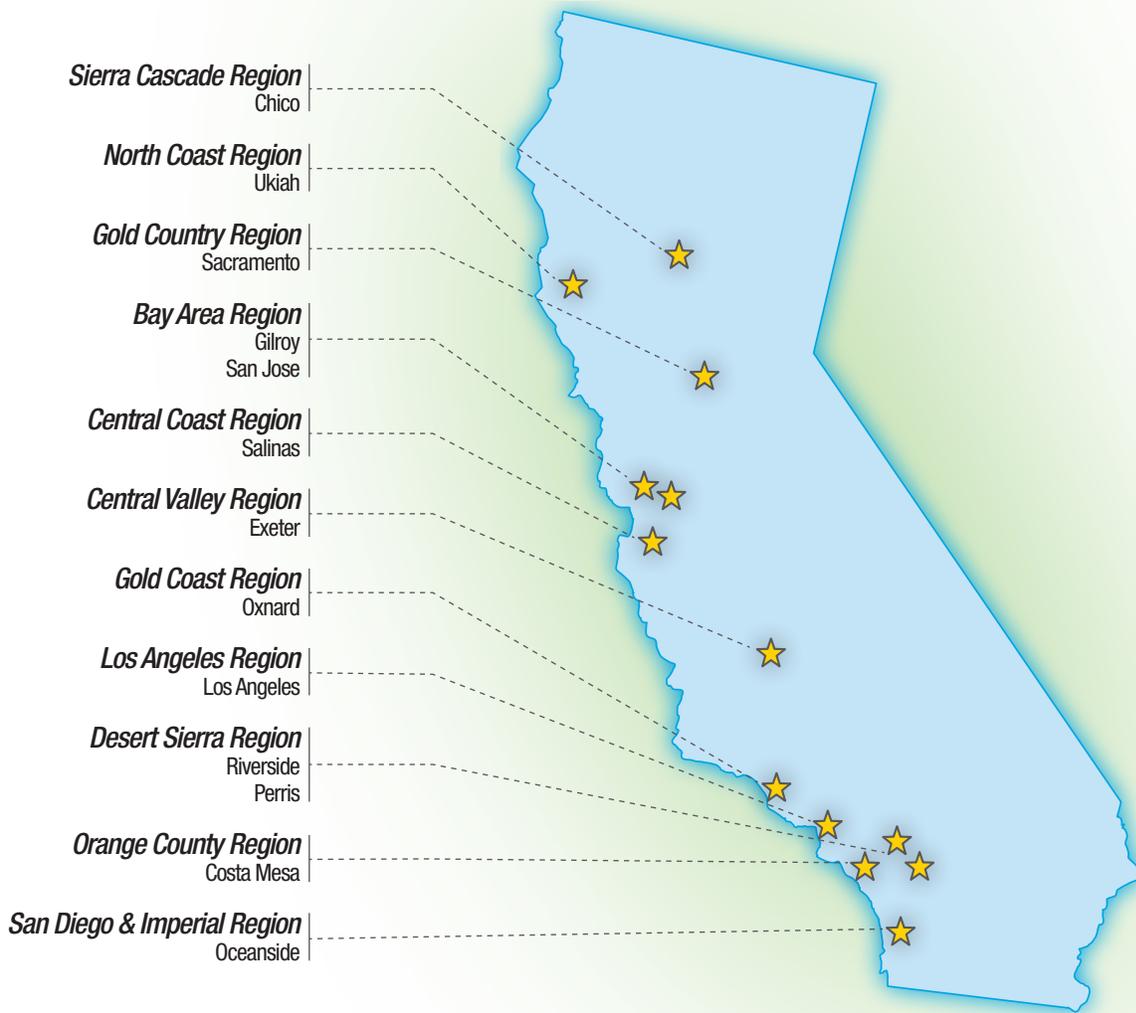


Fruit and Veggie Fest 2010

Empowering Californians to Shop Smart for a Healthy Start



Get ready for the *Network for a Healthy California—Retail Program's* 2010 Fruit and Veggie Fest events! Planned activities include: healthy cooking demonstrations, fruit and vegetable scavenger hunts, sharing mom-tested shopping tips on how to eat healthy on a budget, and much more. These events will take place at partnering grocery stores in each region throughout California during May. All the events are organized to provide resources and activities to empower families and communities to be Champions for Change and continue to shop smart for a healthy start. Go out and support your local *Retail Program* and their many partners!



For more information, please contact Rosanna Oliva at rosanna.oliva@cdph.ca.gov.

This material was produced by the California Department of Public Health, Network for a Healthy California, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit www.cachampionsforchange.net

Fruit and Veggie Fest 2010

Empowering Californians to Shop Smart for a Healthy Start

Network for a Healthy California—Retail Program's 2010 Fruit and Veggie Fest events:

Bay Area Region

Saturday, May 1

11 a.m. – 3 p.m.

Arteaga's Super Save Market
Gilroy, CA

Contact: Carlos Torres
carlos.torres@hhs.sccgov.org
408.793.2707

Sunday, May 16

11 a.m. – 3 p.m.

Mercado California
San Jose, CA

Contact: Carlos Torres
carlos.torres@hhs.sccgov.org
408.793.2707

Central Coast Region

Sunday, May 2

10:30 a.m. – 3 p.m.

Arteaga's Super Save Market
Salinas, CA

Contact: Kathryn Ramirez
ramirezkl@co.monterey.ca.us
831.755.8928

Central Valley Region

Wednesday, May 19

8:30 a.m. – Noon

Save Mart
Exeter, CA

Contact: Nani Rowland
nrowland@tcoe.org
559.651.0130 ext. 3720

Desert Sierra Region

Wednesday, May 5

10:30 a.m. – 4:30 p.m.

Cardenas Market
Riverside, CA

Contact: Maureen Medina
mmedina@dph.sbcounty.gov
909.387.9196

Monday, May 10

2 – 6:30 p.m.

Food 4 Less
Perris, CA

Contact: Maureen Medina
mmedina@dph.sbcounty.gov
909.387.9196

Gold Coast Region

Friday, May 7

12:30 – 5 p.m.

Amar Ranch
Oxnard, CA

Contact: Cristina Wells
cristina.wells@ventura.org
805.677.5255

Gold Country Region

Sunday, May 23

Noon – 4 p.m.

Food Maxx
Sacramento, CA

Contact: Edith Gomez
egomez@healthedcouncil.org
916.566.3344

Los Angeles Region

Wednesday, May 12

10 a.m. – 2 p.m.

El Tapatio
Los Angeles, CA

Contact: Michelle Haan
mhaan@ph.lacounty.gov
213.351.7329

North Coast Region

Saturday, May 15

Noon – 3 p.m.

Food Maxx, Ukiah, CA

Contact: Angie Corwin
ACorwin@healthcollaborative.org
707.543.5810 ext. 201

Orange County Region

Wednesday, May 19

11 a.m. – 3 p.m.

El Metate

Costa Mesa, CA

Contact: Elsa Amezcua
EAmezcua@ochca.com
714.834.7842

San Diego & Imperial Region

Saturday, May 15

10 a.m. – 2 p.m.

Grocery Outlet
Oceanside, CA

Contact: Victor Paz
vpaz@ucsd.edu
619.681.0640

Sierra Cascade Region

Thursday, May 20

11 a.m. – 3 p.m.

Food Maxx
Chico, CA

Contact: Kimberly Ames
kames@healthcollaborative.org
530.345.2483 ext. 216

