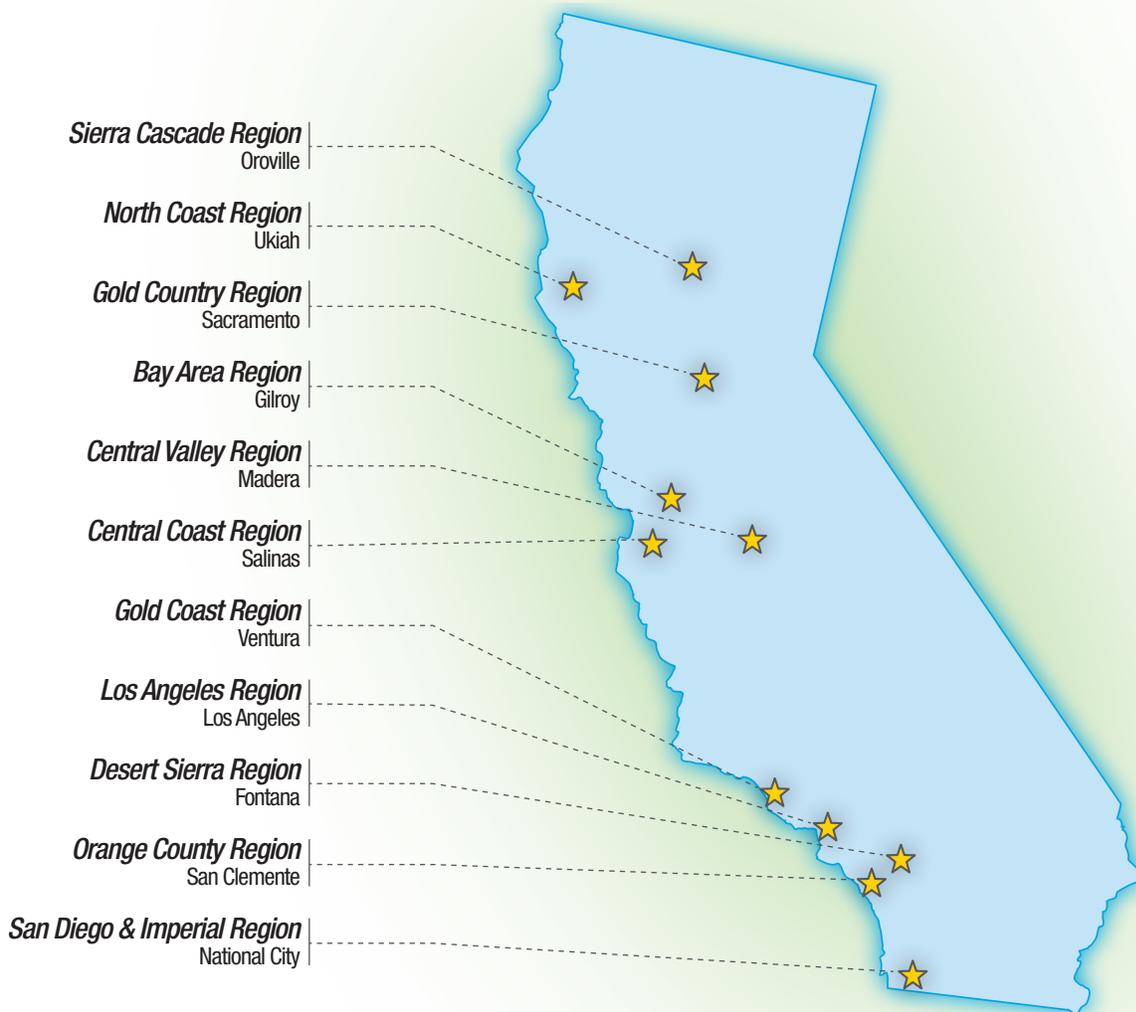


# Fruit and Veggie Fest 2009

## Empowering Californians to Eat Right When Money's Tight



Get ready for the *Network for a Healthy California–Retail Program's* 2009 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 eat right when money's tight. 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](mailto:rosanna.oliva@cdph.ca.gov).

For important nutrition information visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

# Fruit and Veggie Fest 2009

## Empowering Californians to Eat Right When Money's Tight

Network for a Healthy California—Retail Program's 2009 Fruit and Veggie Fest events:

### *Bay Area Region*

**Saturday, May 2**

**Noon – 4 p.m.**

Arteaga's Super Save Market  
Gilroy, CA

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

### *Central Coast Region*

**Sunday, May 17**

**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*

**Thursday, May 21**

**9 a.m. – Noon**

Save Mart  
Madera, CA

Contact: Abrie Gerhardt, agerhardt@cvhclinics.org  
559.255.4300 ext. 12

### *Desert Sierra Region*

**Saturday, May 16**

**10 a.m. – 2 p.m.**

Cardenas Market  
Fontana, CA

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

### *Gold Coast Region*

**Friday, May 15**

**9 a.m. – Noon**

Red Barn Store  
Ventura, CA

Contact: Cristina Wells, cristina.wells@ventura.org  
805.677.5235

### *Gold Country Region*

**Sunday, May 31**

**Noon – 4 p.m.**

Food Maxx  
Sacramento, CA

Contact: Edith Gomez, egomez@healthedcouncil.org  
916.566.3344

### *Los Angeles Region*

**Sunday, May 17**

**10 a.m. – 2 p.m.**

Superior Warehouse Grocers Inc.  
Los Angeles, CA

Contact: Teresa Blanco, tblanco@ph.lacounty.gov  
213.351.7304

### *North Coast Region*

**Sunday, May 17**

**Noon – 3 p.m.**

Food Maxx  
Ukiah, CA

Contact: Angie Corwin, acorwin@healthcollaborative.org  
707.543.5810 ext. 201

### *Orange County Region*

**Friday, May 22**

**11 a.m. – 4 p.m.**

El Toro Rojo  
San Clemente, CA

Contact: Elsa Amezcua, eamezcua@ochca.com  
714.834.7842

### *San Diego & Imperial Region*

**Saturday, May 2**

**10 a.m. – 2 p.m.**

Grocery Outlet  
National City, CA

Contact: Victor Paz, vpaz@ucsd.edu  
619.681.0640

### *Sierra Cascade Region*

**Saturday, May 16**

**10 a.m. – 2 p.m.**

Food Maxx  
Oroville, CA

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

