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Social Services | Public Health | Mental Health

news release

May 1, 2017

Enjoy healthy foods during annual Fruit and Veggie Fest

The Humboldt County Department of Health & Human Services (DHHS) and the Eureka Grocery Outlet are teaming up again for Fruit and Veggie Fest 2017.

The annual event, which celebrates healthy eating at food retail stores statewide, will take place Thursday, May 4, from 11 a.m. to 2 p.m. Attendees can sample healthy food and participate in fun, family-friendly activities like riding the smoothie bike and planting vegetables. Shoppers can also fill their carts with plenty of fresh, frozen, dried and canned produce.

"Fruit and Veggie Fest events are a fun way to bring more colorful fruits and vegetables into your meals and snacks," said Michelle Postman, DHHS health education specialist. "Fruits and vegetables are healthy, taste delicious and are a great source of energy for an active day. They also help lower the risk of obesity and other serious health problems."

Local retailers are important partners to reach shoppers where they buy food. Surveys show retail events can have a positive impact on how shoppers spend their food dollars and CalFresh benefits. From corner stores to supermarket chains, retail partnerships are critical in the battle against obesity, particularly among low-income Californians who are at greater risk.

Participating in this year's events are Open Door Community Health Centers, Food for People, Changing Tides Family Services, Redwood Community Action Agency's North Coast Community Garden Collaborative and TOOTH programs, and the UC Cooperative Extension Expanded Food and Nutrition Education Program.



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