

Celebrate the Best at ...

Fruit and Veggie Fest 2014!

Join the Nutrition Education and Obesity Prevention Branch and Grocery Outlet for a celebration of healthy living!

Enjoy these fun activities for the entire family:

- Sample tasty recipes!
- Get healthy eating tips like filling half of every plate with fruits and vegetables
- Make a smoothie on the Smoothie Bike!
- Fun activities for kids and adults!
- Free prizes!



Friday, May 9
11:00 a.m. - 2:00 p.m.
Grocery Outlet
625 Commercial St.
Eureka



Facebook.com/NetworkForAHealthyCalifornia



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. For questions about the event, call (707) 441-5567.

Fruits and vegetables taste best when they are in season!

Here is a list of fresh, in-season produce that has the best flavor in May. Bring home the best for your family by picking these up during your next shopping trip to Grocery Outlet, and visit CaChampionsForChange.net for recipes!



Avocado

Asparagus

Blackberries

Blueberries

Carrots

Cucumbers

Mangos

Peas

Raspberries

Spinach

Strawberries