

# Tulare County Office of Education

Jim Vidak, County Superintendent of Schools

July 11, 2012



## Media Advisory

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**Tulare County Office of Education announces:**

## **FUN IN THE SUN: Making Nutrition Education and Physical Activity in Dinuba Energizing and Delicious**

**WHAT:** Dinuba children are in for a tasty and active treat on Wednesday, July 18, 2012. Children participating in the Dinuba Parks and Recreation program will experience a healthy twist on play time. The Tulare County Office of Education's *Network for a Healthy California* and Choices Friday Night Live programs, in partnership with Tulare County Health and Human Services Community Transformation Grant and the Dinuba Unified School District Food Service Director, will serve up smiles and raise heart rates.

**WHEN:** Wednesday, July 18, 2012, 9:00-10:00 am

**WHERE:** Elizabeth Way Park  
Dinuba, CA

**WHO:** Approximately 120 children from Parks and Recreation program (plus five leaders)

**WHY:** This event is the right balance of inspiration and education. Participants are encouraged to reduce the number of sugar-sweetened beverages they consume, be more physically active and make healthy food and beverage choices. Participants will enjoy a recipe that tastes great, is easy to make, uses fresh seasonal fruit and is good for them. Children will also be empowered to make life changes that improve their health and the health of those they love.

Each participant will receive a bag filled with an activity book, simply strawberry recipes, a watermelon salsa recipe card and an *Everyday Healthy Meals* cookbook.

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**VISUALS:** Activities include:  
Station #1 — Reducing sugar-sweetened beverages

Station #2 — Healthy choices game

Station #3 — Watermelon salsa with cucumber coins and celery stick dippers

Station #4 — Share the Road Bicycle Safety conducted by Friday Night Live (FNL)

# TCOE #