

Tulare County Office of Education

Tim A. Hire, County Superintendent of Schools

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Media Alert

Contact: Robert Herman
Public Information Officer
(559) 733-6606 – office
(559) 303-8568 – cell

Tulare County Office of Education Announces:

Woodlake community to participate in MyPlate Color Run, March 2

9:00 a.m. – noon, Castle Rock Elementary, 360 N. Castle Rock Rd., Woodlake

The Tulare County Office of Education's Nutrition Education Obesity Prevention Program (TCOE – NEOP), in partnership with the Woodlake Unified School District, the California Department of Public Health's Champions for Change program, the University of California Cooperative Extension and its CalFresh Nutrition Education program, the Tulare County Health & Human Services Agency, Family Healthcare Network, Kaweah Delta Health Care District, and FoodLink for Tulare County, has organized a healthy activities event for Saturday morning at Castle Rock Elementary School in Woodlake.

Limited to members of the Woodlake community, over 400 children and family members are expected to attend the annual MyPlate Color Run.

After registration and instructions are given from 9:00 – 9:30 a.m., participants will be separated into groups to begin the run at designated stations. Children and their families will run from station to station, where they will stop, try a healthy snack, do a brief

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physical activity and then get “colored.” The partner organizations will have a total of six stations set up for the fun run, including a **dairy station** with information on calcium, a **fruit station** with information on their vitamins, a **grain station** with information on whole grains, a **protein station** with information on various types of protein, a **vegetable station** with information on the benefits of eating a variety of vegetables, and a **hydration “ReThink Your Drink” station**. **Tasting samples will be provided at each station.** This year, students in their final semester of the Fresno State nursing program will be conducting glucose screenings and blood pressure checks.

For more information, please contact Jason Trevino, principal at Castle Rock Elementary School, at (559) 564-8001.

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