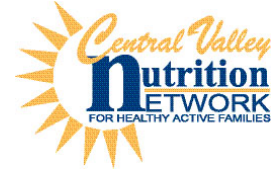




News Release



University of California Cooperative Extension, Fresno

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SPRING FOOD DEMOS TEACH HEALTHY EATING WITH GREAT TASTE *5 a Day – Power Play! Launches Spring Food Demos in Fresno, Madera*

FRESNO – The *Central Valley 5 a Day – Power Play! Campaign* is starting spring off healthy with food demonstrations in Fresno and Madera. The *5 a Day – Power Play! Campaign* encourages children and their families to eat at least 2 ½ to 5 cups of fruits and vegetables and get 60 minutes of Power Play each day for better health! These fun and educational demonstrations show children and their families how easy, and great tasting, it can be to get the recommended amount of fruits and vegetables and physical activity daily for a healthy lifestyle.



Food demonstrations will take place during February and March at the following locations:

Store name	Address	Date & Time
Foodmaxx	3241 West Shaw Ave., Fresno 93711	Friday, February 10 4:00 pm – 7:00 pm
Savemart	4120 N. West Ave., Fresno 93705	Friday, February 17 4:00 pm – 7:00 pm
Savemart	3750 West Shields Ave., Fresno 93722	Saturday, February 25 11:00 am – 2:00 pm
Foodmaxx	4974 E. Kings Canyon, Fresno 93729	Friday, March 3 4:00 pm – 7:00 pm
Savemart	1143 Country Club Drive, Madera 93638	Friday, March 10 4:00 pm – 7:00 pm

For more information about *Central Valley 5 a Day – Power Play!* or about upcoming food demonstrations and other activities, please contact Evelyn Escalera, *5 a Day – Power Play!* Program Representative, at (559) 456-7398 or eescalera@ucdavis.edu.