



Santa Barbara County
PUBLIC Health
DEPARTMENT

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FOR IMMEDIATE RELEASE

Santa Barbara County Celebrates Food Day Free community event calls attention to healthy food

(SANTA BARBARA, Calif) -- The public is invited to attend Food Day, a nationwide celebration that challenges Americans to change their diets and improve our food policies. The event will be held at the Back Door Deli, 315 Camino Del Remedio in Santa Barbara, from 11 am to 1 pm on Monday, October 24. The celebration will feature local growers, cooking and gardening demonstrations, free healthy food samples, raffle prizes, children's activities, Zumba for preschoolers, and activities that inspire people to "Be Active. Be healthy."

"Food Day is an opportunity to celebrate healthy food and learn more about our local food system. It is also a chance for community members to be active and healthy" said Dr. Takashi Wada, Public Health Department Director.

Santa Barbara's Food Day celebration is jointly sponsored by the Community Action Commission of Santa Barbara County (CAC) and the Santa Barbara County Public Health Department. Eventgoers will have a chance to win raffle prizes and sample healthy foods. Representatives from Women Infants and Children, Apples to Zucchini, Rethink your Drink, County Wellness, Santa Barbara Smart Snacks, and Master Gardeners will all be on hand to meet with the public.

"We invite community members to come out to our Food Day celebration, have fun, and join us in promoting access to a greener diet," said Randy Stark, CAC's Nutrition Services Director.

A brief program will begin at noon, and the free raffle will begin at 12:15 pm. Raffle prizes include gift certificates, and food baskets donated by McConnell's Fine Ice Creams, The Berry Man, Trader Joe's, Whole Foods, the Santa Barbara Zoo, Natural Café, Kahuna Grill, Sprouts Farmers Market, Blenders in the Grass, and the Santa Barbara Museum of Art.

All proceeds from CAC's Back Door Deli support CAC's Healthy Senior Lunch program, providing healthy meals to over 600 low-income and homebound seniors throughout Santa Barbara County each day. For event information call 805-964-8857 or visit www.cacsb.org

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