

# Tulare County Office of Education

*Jim Vidak, County Superintendent of Schools*

November 9, 2006

## **For Immediate Release**

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### **Tulare County Office of Education and FoodLink of Tulare County Announce: New Site for “Nutrition on the Go” Established at Alta Vista School in Porterville November 16, 2006 • 2293 E. Crabtree Street, Porterville**

*Porterville* – On Thursday, November 16, FoodLink of Tulare County will begin delivering nutritious fruits and vegetables to the Alta Vista School in Porterville as part of its “Nutrition on the Go” program. Members of the Tulare County Office of Education’s Nutrition Network will be on hand at the inaugural event to share recipes, taste tests, nutrition and cooking tips, nutrition games with prizes, creative ideas for food preparation, and other healthy activities. Nutrition education on the value and uses of healthy foods will be available to each participant. “Nutrition on the Go” will continue at the Alta Vista School on the first Thursday of each month from 3:30-5:30 p.m. beginning in December.

Dedicated to healthy active families, Tulare County Office of Education’s Nutrition Network, FoodLink of Tulare County and Alta Vista School District have combined efforts to develop a “one-stop shop” for families seeking information, food and healthy ideas for their dinner table.

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“Our partnership with FoodLink and the Alta Vista School Districts is an important one,” says Tulare County Superintendent of Schools Jim Vidak. “It makes healthy fruits and vegetables available to area families along with information on incorporating them into their diets. The combination of good eating habits and exercise helps parents and children stay healthy and ready to learn.”

For information regarding other food distribution sites in Tulare County, contact Paula Cibrian, Nutrition Advocate for FoodLink for Tulare County, Inc. at (559) 651-3663. For information on the Tulare County Office of Education’s programs, contact Robert Herman, Public Information Officer at (559) 733-6606.

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