

## The Nutrition and Physical Activity Program

invites you to celebrate National Food Day!

Food Day is a nationwide celebration and a movement for healthy, affordable, and sustainable food.

## Come and join our celebration, featuring the Farmers' Corner!

Fresh and low-price produce will be provided by Muir Ranch, a three-acre farming program at John Muir High School. The program teaches students practical farming and entrepreneurial skills.

## Other festivities include:

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- Healthy food demonstrations
- Free nutrition resources (cookbooks, healthy Halloween recipes, tip sheets, etc.)
- Extended Farmers' Corner hours with a greater selection of seasonal produce
- Interactive and fun games!
- Prizes and much more!

WHEN: Thursday, October 24th from 10am-2pm

WHERE: Front Patio of Pasadena Public Health Department located at: 1845 N. Fair Oaks Avenue Pasadena, CA 91103

For more information, please contact Erika Redke at (626) 744-6136, eredke@cityofpasadena.net or visit foodday.org





