

Date: January 15, 2007

Raley's Helps Local Families Get Their "5 a Day"

It's no secret that getting kids to eat more fruits and vegetables can be a challenge. Now busy parents in the greater Sacramento area can visit their local Raley's, Bel Air or Food Source store for an educational demonstration designed to help families find easy and delicious ways to incorporate more fruits and vegetables into their diets.

Raley's has teamed up with the "5 a Day" program to offer ongoing educational demonstrations to promote healthy eating habits and teach our customers easy ways to incorporate the recommended amount of fruits and vegetables into their family's daily diets.

WHO: Raley's and the 5 a Day program
WHAT: Educational cooking demonstrations
WHY: Empower busy parents in their efforts to lead healthy lifestyles and encourage local children to eat more fruits and vegetables

WHEN:

January

24th	11 a.m.-2 p.m.	Food Source, 6366 Mack Rd., Sacramento
31st	3-5 p.m.	Bel Air, 1885 E. Gibson Rd., Woodland

February

8th	3-5 p.m.	Food Source, 3547 Bradshaw Rd., Sacramento
23rd	3-5:30 p.m.	Bel Air, 1540 W. El Camino, Sacramento
28th	3-5 p.m.	Bel Air, 6231 Fruitridge Rd., Sacramento

March

23rd	3-5:30 p.m.	Bel Air, 1301 Florin Rd., Sacramento
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A nutrition intern will conduct the demonstration in the store's Produce Department, and will be available afterward to answer questions, share recipes and hand out goodie bags to parents and children. For more information on the 5 a Day program, go online to the California Department of Health Services' website at:

<http://www.dhs.ca.gov/ps/cdic/cpns/ca5aday>