

Join us for

Fruit & Veggie Fest

Presented by the Network for a Healthy California & El Metate Market

Shop Smart for a Healthy Start!

- Get a free cookbook with great ideas for meals and snacks
- Enjoy fun & educational activities for the whole family
- Take advantage of special values on fruits and vegetables.
- Sample healthy and delicious recipes
- Tour the store with shopping experts

With support from:
County of Orange Health Care Agency, Newport-Mesa Unified School District, Planned Parenthood-WIC Program, and other partners

For more information contact:

Elsa Amezcua Garcia
Retail Program Specialist
(714) 834-7842 or eamezcua@ochca.com



When:

Wednesday, May 19th

11:00 a.m. – 2:30 p.m.

Where:

El Metate Market

817 W. 19th Street, Costa Mesa
(19th Street & Placentia)



**CHAMPIONS
for CHANGE**
Network for a Healthy California

