

Tulare County Office of Education

Jim Vidak, County Superintendent of Schools

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For Immediate Release

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Tulare County Office of Education Announces:

March is National Nutrition Month

Tulare County Residents of All Ages Encouraged to Eat Right

The Central Valley Health & Nutrition Collaborative, in conjunction with the American Dietetic Association, is encouraging local residents of all ages to eat right and get healthy. Eating right at any age is a key factor in maintaining a healthy weight and reducing the risk of chronic diseases, especially cancer, heart disease and type 2 diabetes.

“What a person eats can significantly impact his or her life,” says Tulare County Superintendent of Schools Jim Vidak. “For example, we know that children who eat well perform better in school. Good nutrition is vital for overall health and development.”

Through the month of March, local organizations in the Collaborative, including the Tulare County Office of Education, will be reminding Valley residents that eating right is important and easy. Below are a few simple steps everyone can take to eat better and live healthier.

1. Adopt a few specific small changes such as adding a piece of fruit daily to your diet.
2. Plan meals to prevent unhealthy, last-minute choices.

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3. Select food that is nutrient rich – packed with vitamins, minerals, fiber and other nutrients.
4. Increase daily physical activity for overall health and fitness – 60 minutes for children and at least 30 minutes for adults.
5. Be aware of special needs. Nutritional needs can vary according to age and overall level of health. For example, older adults need more vitamin D and calcium to maintain bone health.

The Central Valley Health & Nutrition Collaborative (CVHNC) is comprised of more than 100 health and nutrition-related partner organizations and more than 250 individuals who are committed to the health of residents in Mariposa, Merced, Madera, Fresno, Tulare, Kings and Kern Counties. The Collaborative brings organizations together to address regional health concerns through policy, prevention and intervention activities. For more information, visit www.cvhnc.org, or the American Dietetic Association at www.eatright.org.

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