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## **Public Health: Fruit and Veggie Fest to promote healthy eating**

Parents from Moreno Valley Unified School District are invited to get up close and personal with healthy foods at a local grocer as part of Fruit and Veggie Fest 2018. The event is from 9:30 a.m. to 11:30 a.m. on May 23 at Cardenas Markets, located at 25065 Sunnymead Blvd., in Moreno Valley.

This year, in addition to promotion of healthy food choices found at the supermarket, the event will promote National Stroke Awareness Month.

“Fruit and Veggie Fest is a great opportunity to teach parents about the healthier options available in our local markets and Cardenas makes that happen,” said Michael Osur, assistant director, Riverside University Health System—Public Health. “Let’s build health into our everyday lives by making the healthy choice, the easy choice.”

The annual store tours event is made possible by Cardenas Market, in partnership with Public Health and Champions for Change, a campaign to inspire healthy changes within our communities.

Cardenas Markets continues to remain focused on providing fresh, natural products and wants to continue to inform customers of the large selection of healthy foods available throughout the store, according to Marco Robles, public affairs director, Cardenas Markets.

In addition to the store tours, KBUENA-97.5 FM radio station will provide activities and prizes to families in attendance. Parents will also take part in a food demonstration and will receive cookbooks for their participation.

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