



FOR IMMEDIATE RELEASE
Media Advisory/Photo Opportunity

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Two Healthy Cook-off Competitions to be Held

- What:** University of California Cooperative Extension Fresno, Food Stamp Nutrition Education Program and the City of Fresno Healthy Lifestyle Fitness Camp are hosting two cook-off competitions for parents of students participating in the camp.
- When:** Monday, July 18th from 6p.m. to 8p.m
Wednesday July 20th from 6p.m. to 8p.m
- Where:** Ted C. Wills Community Center, 770 North San Pablo Ave., Fresno, CA 93728.
- Why:** Participating parents have been attending UC nutrition education classes where they have been learning to make healthier food choices. During the cook-off's parents will be demonstrating what they have learned by recreating a family favorite recipe with healthier ingredients.

California Health Interview Survey data shows that nearly two-thirds (65.6%) of Fresno County adults are overweight or obese. California's Physical Fitness Reports shows that over one-third (35%) of Fresno County's youth have an unhealthy body composition. Classes and cook-off's such as these give families skills and motivate healthy changes with an end-goal of curbing the obesity epidemic in Fresno County.

We invite your coverage.

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