



NEWS RELEASE

For Immediate Release

March 13, 2017

For Further Information Call:

Leah Campbell
(530) 889-7350

FIRST STREET SCHOOL STUDENTS JUMP THEIR WAY TO GOOD HEART HEALTH AT “JUMP ROPE FOR HEART” EVENT

First Street School partners with UC CalFresh Nutrition Education Program and the American Heart Association to Promote Heart Health and Physical Activity

WHAT: UC CalFresh staff will join First Street School staff and students for “Jump Rope for Heart” to promote physical activity and heart health. UC CalFresh Nutrition Education staff will help students have fun and stay heart healthy by facilitating jump roping activities.

WHEN: March 24, 2017 from 8:30-11:00 AM

WHERE: First Street School
1400 First Street, Lincoln CA 95648

WHO: First Street School students and staff
Placer/Nevada Counties UC CalFresh Nutrition Education Program staff

WHY: According to the American Heart Association, about 50% of US adults and 65% of teens do not currently get the recommended amount of daily physical activity. Children need at least 60 minutes of active play every day, but they tend to get less the older they get. First Street School and UC CalFresh are providing children with a fun way to be active and stay healthy.



This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.