

March 4, 2010

Media Contact: Dianne Shipley, 941-861-2852; cell 941-302-1058;

Dianne_Shipley@doh.state.fl.us

Program Contact: Diane Ramseyer, 941-650-4856; Diane_Ramseyer@doh.state.fl.us

Local events offer creative ways to bone up on nutrition

Local community health advocates are adding some spice to National Nutrition Month with three different events in March at the Venice Public Library, 300 S. Nokomis Ave., Venice.

Shopping for what is “healthy” can be a complicated and confusing adventure with hundreds of different products lining the aisles of your local market. Additionally, balancing healthy nutrition needs while staying within a budget can challenge the thriftiest, health-conscious shopper. In response to that challenge, local health advocates have developed some creative ways for residents to get accurate information on nutrition through a series of “hands on” programs.

The National Nutrition Month events are as follows:

- **Nutrition Bingo** – 3 p.m., Wednesday, March 17. There will be prizes.
- **Nutrition Expo** -- 10:30 a.m. – 1 p.m., Saturday, March 20
The featured activities include opportunities to build a cookbook, a healthy cooking demonstration, healthy eating story time and craft activity for kids, and the premier showing of the Healthy Shopping DVD developed by the Laurel/Osprey/Venice/Nokomis Community Health Action Team. Free copies of the DVD will be available at this event.
- **Nutrition Panel Discussion** – “Eating Healthy on a Budget,” 6 p.m. Tuesday, March 30

These events are sponsored by members of the Laurel/Nokomis/Osprey/Venice Community Health Action Team (LOVN CHAT), Sarasota County Extension Office and Friends of the Venice Library.

For more information, contact the Sarasota County Call Center at 941-861-5000 or visit www.CHIP4health.org.

-end-