

Healthy Eating in Hard Times



Attention:

Policy Makers, School Board Members,
Child Nutrition Advocates, Superintendents,
Pastors, Food Banks, Farmers, Buyers,
Dietitians, Principals, Health Care
Providers, Teachers

Cowlitz Food Security Report to be presented

When money is tight, it is hard to put healthy food on the table. To the school, healthy food options for students can be seen as a barrier. To the farmer, selling crops to the local market is critical to keeping the farm going. To a citizen, healthy and affordable foods may be challenging to access.

In this workshop we will hear from local experts on:

- What is food security?
- Does where you live impact hunger and health?
- How can farmers increase the sale of their products?
- What can schools do to promote healthy eating?
- Who is working in our community to reduce hunger and increase healthy eating?
- How can we join together to improve access to affordable healthy foods?

Sponsored by:



Thursday, March 11, 2010

1:30—5:30 pm

Cowlitz County Expo Center

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For more information call: Gayle-501-1237 or April-414-5586