

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

FOR IMMEDIATE RELEASE

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**KIDS TO LEARN ABOUT HEALTHY EATING OCT. 24
AT OCALA LIBRARY FOOD DAY EVENT**

Games, crafts, reading and more will help children have fun while learning about nutrition

OCALA—Children ages 4–9 can enjoy interactive games, sing-a-longs, reading, and crafts while learning about the importance of good nutrition and physical activity at the free Food Day event at the Headquarters-Ocala Public Library, 2720 E Silver Springs Blvd., Ocala.

The free event is scheduled for Friday, Oct. 24, at 2 p.m. Sponsored by the Florida Department of Health in Marion County and the Marion County Public Library, the event celebrates Food Day, a nationwide celebration that inspires Americans to change their diets and our food policies.

“It’s never too early to teach children how to make healthy choices when it comes to the food they eat,” said Meaghan Crowley, Health Education program manager at the Florida Department of Health in Marion County. “We want to teach kids that the foods they choose can help them grow strong and healthy, and let them have fun while learning.”

The Food Day event is part of the Healthiest Weight Florida initiative. Find out more about Healthiest Weight Florida at www.healthiestweightflorida.com. Use #HealthiestWeightFL on social media to join the conversation.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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