



5735 47th Avenue Sacramento, CA 95824 (916) 643-9042 (916) 643-9049 FAX

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Contact: Maria L. Lopez
916-643-9043 or 916-752-3131
Maria-L-Lopez@scusd.edu

Leonardo da Vinci K-8 celebrates seasonal, healthy eating at special Spring Feast

SACRAMENTO—Leonardo da Vinci students will enjoy a spring feast on **Tuesday, March 28 at 12:15 p.m.** to underscore the message that healthier food choices can be tasty and important to a positive lifestyle. Seasonal, farm-to-fork eating also contributes to sound nutritional choices. A 2010 UCLA study about obesity among children and its impact, reported that “Nationally, medical costs alone for obesity reach \$147 billion each year. California spends more public and private money on the health consequences of obesity than any other state.” The study went on to report that including lost productivity, overweight and obesity in California cost families, employers, the healthcare industry, and the government more than \$21 billion each year.

Sacramento City Unified School District is revamping its Wellness Policy and focusing on nutrition and exercise. The district is encouraging parents and community members to read the draft policy and participate in a survey. Both documents may be found by visiting <http://www.scusd.edu/post/proposed-changes-our-school-wellness-policy>.

Sacramento City Unified School District Nutrition Supervisor Diana Flores said it was the second such district wide seasonal offering. A turkey feast was offered last fall. Flores added that asparagus and other raw veggies will highlight the spring meal. “We try to make nutrition tasty and fun,” Flores added.

- WHO:** Leonardo da Vinci students in grades four to six, Board of Education Member Jessie Ryan and board wellness champion, Nutrition Services Supervisor Diana Flores, and Principal Devon Davis
- WHAT:** Spring Feast featuring seasonal produce, ham, potatoes and salad bar
- WHEN:** March 28, 2017 at 12:15 p.m.
- WHERE:** Leonardo da Vinci K-8 School
4701 Joaquin Way; Sacramento, CA 95822

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