



Marin Nutrition Campaign

Of the Marin County Healthy and Human Services Department

FAST FACTS

Feel the Difference! Eat Healthy! Be Active!

What is Feel the Difference! Campaign and how will it benefit you?

This countywide campaign will help you to design and plan sustainable programs to educate children and families, particularly families with limited income, how to eat healthy and be active. The tools to support this work include educational materials and a fun, interactive *Nutrition Town* exhibit being taken to schools and health fairs. It will also provide clients with nutrition resource and referral information via our program's special Nutrition Help Line phone number.

Who is coordinating the campaign?

Funded by a grant from the California Nutrition Network-California Department of Health Services, the campaign is being led by the County of Marin Department of Health & Human Services, Children's Health Services, in collaboration with a Task Force of Nutritionists and other various programs & agencies interested in improving our children's health.

What is the Goal?

Our goal is to increase awareness of the importance of good nutrition and physical activity, help to reduce the risk of serious chronic diseases, and to help provide resources and the tools to make a difference.

What are the components of the Campaign?

Seven Healthy Habits: educational posters and materials in Spanish and English. for schools and programs.

Nutrition Town Exhibit: The theme, *Feel the Difference!* features a Seven Healthy Habits "Par" Course- a fun and playful interactive nutrition and physical activity education exhibit that can be reserved ahead by your school or organization.

A Nutrition Help Line: (499-3099) Established for Marin residents and agencies to call regarding nutrition resource/referral information.

Nutrition Education Materials: Help in providing nutrition education/curriculum materials for schools, agencies and programs.

Collaborative Projects: with Marin School Nurses Group, EECOM-Food Systems Project, to provide assistance to schools, nutrition/garden curriculum, videos, handouts and posters. Includes "Nutrition Town."

How can I find out more about the campaign?
Call 499-7059, Linda Armstrong, to find out more information

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