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FOR IMMEDIATE RELEASE



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**REMINDER: Nutrition Nights happening at three schools in the Santa Maria-Bonita School District**

In an effort to engage local parents in school wellness and teach healthy eating and physical activity habits consistently at home and in school, the Santa Maria-Bonita School District (SMBSD) is partnering with several agencies on *Nutrition Nights* events. Partnering agencies including the UC CalFresh Nutrition Education Program, UC 4-H Youth Development Program, the Santa Barbara County Public Health Department and Dignity Health are bringing these family events to three schools in the district. The *Nutrition Nights* events showcase the school meal program and teach parents about the recipes, ingredients and local produce that their students receive in their school meals.

In addition, local nutrition education agencies are providing information and mini-courses on relevant topics like healthy snacking, physical activity, and sugary beverages. At each event, parents can sign up to attend more in-depth classes on nutrition and food resources management (i.e. shopping on a budget), and physical activity classes including Zumba and Yoga. All services are available in English and Spanish.

At one of the events held last month at Rice Elementary a participant commented: "I love learning new and healthy things for my family. Thank you for the help and I hope these [Nutrition Nights] continue."

**Nutrition Night schedule:**

February 23, 2016 6:30-7:30 @ Bruce Elementary School 601 W Alvin Santa Maria  
March 1, 2016 5:45-6:45 @ Adam Elementary School 500 Windsor St Santa Maria

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