FOR IMMEDIATE RELEASE
October 22, 2014

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FLORIDA DEPARTMENT OF HEALTH CELEBRATES FOOD DAY TO PROMOTE FOOD EDUCATION AND HEALTHIER EATING

TALLAHASSEE – October 24, 2014 is Food Day, and the Florida Department of Health is celebrating by encouraging all Florida residents and visitors to make positive changes toward healthy eating and active living. Food Day events are being held statewide, championed by local county health departments and community partners, to support Floridians in attaining and maintaining a healthy weight.

"Food Day reminds us all to make healthy choices in what we eat," said State Surgeon General and Secretary of Health Dr. John Armstrong. "By choosing nutritious foods and beverages, every Floridian can achieve a healthy weight that lowers the risk of future diabetes and heart disease."

Through Healthiest Weight Florida, the Department of Health is working to help Florida families and visitors make the healthy choice the easier choice. Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not for profit organizations, businesses, and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. For more information about what you can do to achieve or maintain a healthy weight, visit www.HealthiestWeightFL.com.

Food Day was created by the Center for Science in the Public Interest and is held annually on October 24. The observance is a national celebration of healthy, affordable and sustainably produced food that promotes healthier diets and food education. For more information on Food Day or to learn more about events in your area, visit www.foodday.org.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. During 2014, the Department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit www.FLHealth125.gov for more information.

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