

Make Every Day A Healthy Victory

On June 16, 2021, **CAPK CalFresh Healthy Living** will launch *Make Every Day a Healthy Victory* with a Virtual Day of Action.

Make Every Day a Healthy Victory is a statewide movement to inspire Californians to drink water instead of sugary drinks and eat healthy snacks.

Tune in for our virtual event via **Zoom** at 11:00am to learn about:

- Why healthy snacking is important
- Easy everyday snack recipes
- The benefits of drinking water instead of sugary drinks
- Easy fruit or herb-infused water recipes (recipe demonstration)

MAKE EVERY DAY
HEALTHY
SNACK *Day*

MAKE EVERY DAY
rethink
YOUR DRINK **DAY**

If you have questions about our Virtual Day of Action or to receive the zoom link, please contact the CAPK CalFresh Healthy Living office:

Email: capknutritioned@capk.org

Phone number: (661) 439-3838



To register for event, scan code



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