

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

For Immediate Release: Wednesday, October 22, 2014  
Contact: Stefany Strong, PIO, 386-274-0838

## **DOH Volusia Recognizes Food Day 2014**

DAYTONA BEACH – The Florida Department of Health in Volusia County will be hosting Food Day activities on Friday, October 24, 2014. Food Day is a nationwide celebration of healthy, affordable and sustainable produced food that promotes healthier diets and food education.

“Food Day is designed to inspire people to change their diets,” said Dr. Bonnie J. Sorensen, director of the Florida Department of Health in Volusia County. “The typical diet contributes to obesity, diabetes, heart disease and other health problems.”

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](http://www.HealthiestWeightFL.com).

- WHAT:** Food Day 2014  
WIC and Nutrition Program clients and others visiting DOH-Volusia on Friday, October 24 are welcome to free fruits, Healthy and Homemade Recipe books and nutrition tips. The fresh fruit is provided by Publix.
- WHEN:** October 24, 2014
- TIME:** 8 a.m. – noon
- WHERE:** Florida Department of Health in Volusia County.  
1845 Holsonback Drive, Daytona Beach, FL 32117

For more information about Food Day, please visit [www.foodday.org](http://www.foodday.org)

For information about the WIC and Nutrition Program, please visit [www.volusiahealth.com](http://www.volusiahealth.com)