

Don't miss this opportunity to interact with representatives from:

- WIC
- Food Stamps
- UC Cooperative Extension
- Santa Clara County Public Health Department

You will get your questions answered and learn about new resources and referrals—all while learning about nutrition education and physical activity promotion, too!



### Directions:

From 101 N or 680 N

- Take US-101 South and transfer to 280 North.
- Take the Race Street/Southwest Expressway exit toward Meridian/Race Street.
- Turn left on Race Street and an immediate left on Parkmoor Avenue.

The building is on left hand side.

From 280 N:

- Take Meridian Avenue exit North.
- Turn right on Parkmoor Avenue.

Building is on right hand side.

### Parking:

Free parking is available in the front of the building entering off Parkmoor or behind the building entering off Race Street.

## SPONSORS



**Public Health Department**  
Santa Clara Valley Health & Hospital System



Funded in part by the USDA's Food Stamp Program, an equal opportunity provider and employer. For information on obesity prevention or food stamps, call 1-888-328-3483.

*If you have any questions, please call or email:*

Liz Kassa

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Fax: (408) 793-2731

Email: Liz.Kassa@hhs.sccgov.org

# Help Families Access Food Resources

## A Food Assistance Workshop

A training designed for staff and providers of:

- community-based organizations
- child care programs
- afterschool programs
- community clinics

Sobrato Center for Non-Profits-San Jose  
Cupertino A Room  
1400 Parkmoor Ave, San Jose, CA 95126

Friday, August 14, 2009  
8:45 a.m.-3:30 p.m.

# Agenda

8:45 am—9:00am

Registration & Continental Breakfast

9:00 am—9:15 am

Welcome

9:15 am—9:45 am

Benefits of Breastfeeding for food security, obesity prevention, and health

9:45 am—10:15 am

Nutrition in Action: The New WIC Food Package

10:15 am—10:45 am

School Food Service—Providing nutrition for the school aged child

10:45 am—11:00 am (Stretch break)

11:00 pm—11:45pm

Food Stamp Program Overview

11:45 pm—12:00 pm

Eat right when Money's Tight—A Timely Message

12:00 pm—12:45 pm (Networking lunch)

12:45 pm—1:45 pm

Shopping On A Budget /Making Food Stamps Add Up to Good Nutrition

1:45: pm—2:15pm

Second Harvest Food Bank—Food Resources

2:15 pm—3:00 pm

The Future of Food Security

3:00 pm—3:30 pm

Wrap-up and Evaluations

This training will help participants:

- understand eligibility requirements for food assistance programs
- learn how to promote these programs and refer clients to the appropriate services
- incorporate nutrition education and physical activity into their own programs' services



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Friday, August 14, 2009

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Cupertino A Room  
1400 Parkmoor Avenue  
San Jose, CA 95126

*Space is limited to 50 and early registration is recommended!*

**There is no cost for this event.**  
Registration includes lunch.  
However, if you register and cannot attend, kindly contact us so we can let someone else attend in your place.

## Registration Form

*Space is limited! Please register early.*

Yes, I will be attending the Food Assistance Workshop on 8/14/09

Name

Organization

Address

Phone

Fax

Email

What is your program's target population?

Please check one:

- Vegetarian Sandwich
- Chicken Sandwich
- Turkey Sandwich

**RSVP by August 7, 2009**

**Please fax or email registration to:**

Liz Kassa

CDIP, SCCPHD

Fax: (408) 793-2731

Email: Liz.Kassa@hhs.sccgov.org

If faxing registration, please contact

Liz to confirm fax was received.