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Students to learn about healthy eating during Banning store tours Sept. 21

Banning elementary school students will get up close and personal with healthy foods at a local grocer as part of Latino Health Awareness Month celebrations. The event is planned from 3:30 to 6 p.m. on Thursday, Sept. 21, at Rio Ranch Market, located at 3317 West Ramsey St., Banning.

The “store tours” event is made possible by Banning Unified School District, in partnership with Rio Ranch Market, Riverside University Health System – Public Health and Champions for Change to promote healthy changes within our communities.

Families who participate in store tour activities will take home healthy recipes and valuable information on smart shopping to help lower their risk of obesity and serious health problems. KGGI 99.1 FM radio station will be at the event providing activities and prizes to participating families.

“We are very excited to highlight Latino Health Awareness Month as an opportunity to promote health as part of the community’s rich cultural heritage and traditions. The store tours encourage all families to join the movement for healthy change,” said Gayle Hoxter, MPH, RD, head of Nutrition and Health Promotion for Public Health.

“Banning Unified's Nutrition Services department has an initiative to create a healthier school environment through nutrition education and promotion and by improving the access to healthier foods. We have been working diligently to source locally grown foods and educate

our students about healthy eating and how it contributes to their health and academic success," said Reanna Liversage, a nutrition technician for Banning schools.

"Rio Ranch Markets is excited to be part of a community program to educate children and families about healthy foods. We are committed to providing high quality, fresh foods to the Latino communities that we serve and believe in promoting healthy eating. We appreciate the opportunity to host the store tours as part of Latino Health Awareness Month," said Rudy Artiles, Vice President of Operations, Rio Ranch Markets.

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