

FOR IMMEDIATE RELEASE:

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MEDIA ADVISORY – OCTOBER 24, 2011 – 12:25 pm

San Diego Jewish Academy to Commemorate Food Day with Healthy Activities

To observe Food Day, SDJA's healthy habits class plans to conduct healthy living activities for students at its upper school.

San Diego Jewish Academy's healthy habits class plans to observe Food Day with a series of healthy living activities conducted during lunchtime in the outdoor quad area of Maimonides Upper School. The purpose of the activities is to raise awareness about healthy food choices and to promote healthy living to reduce obesity in America. According to the Centers for Disease Control and Prevention, approximately 17% of children in the United States are obese.

“With obesity quickly becoming one of America's biggest health concerns, activities and programs like this are essential to prevent future generations from obesity related health concerns,” said Anna Falkiewicz, SDJA's healthy habits teacher.

Among the planned student-run activities are the following: watermelon eating competition, “Guess the Calories in a Portion of Snacks” contest, taste-testing of sample foods and a push-up contest. In addition, an information table will be set-up providing handouts about nutrition and healthy food choices.

Food Day seeks to bring together Americans from all walks of life to advocate for healthy, affordable food produced in a sustainable, humane way. Senator Tom Harkin (D-IA) and Representative Rosa DeLauro (D-CT) are the Honorary Co-Chairs for Food Day 2011.

DETAILS:

Date: Monday, October 24, 2011

Time: 12:25 pm to 1:00 pm

Location: San Diego Jewish Academy, 11860 Carmel Creek Road, San Diego, 92130, Upper School quad area

If you would like to attend this event, please contact Joshua Nunn at (619) 302-4694 or jnunn@sdja.com as gate access is required to enter SDJA's campus.

About SDJA:

San Diego Jewish Academy challenges infants to high school seniors to achieve their full academic potential and become individuals of strong character, while inspiring them to make Judaism a vital and relevant aspect of their lives.

For more information on San Diego Jewish Academy, visit www.sdja.com.

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