

Celebrate National



at Rio Salado!

October 24, 2011

11 a.m. – 2 p.m.

Brought to you by:
SUSTAINABLE FOOD SYSTEMS

&

Café@Rio

What is FOOD Day?



Café @ Rio food specials



Gardening demos



Cooking demos



Healthy cooking tips



Other Food Day activities

National FOOD Day was created to draw awareness to sustainable eating.



FOOD Day Goals:

1. Reduce diet-related disease by promoting safe, healthy foods
2. Support sustainable farms and limit subsidies to big agribusiness
3. Expand access to food and alleviate hunger
4. Protect the environment and animals by reforming factory farms
5. Promote health by curbing junk-food marketing to kids
6. Support fair conditions for food and farm workers

**THE MOST IMPORTANT INGREDIENT
IN FOOD DAY IS YOU! FOR MORE INFO: FOODDAY.ORG.**