



## Food, Glorious Food!

**Announcing two wonderful food-related events in Santa Barbara this fall:  
SOL Food Festival and Food Day**

**Come join us at the SOL Food Festival on Saturday, Sept 27, 2014  
from 10 am to 6 pm at Vera Cruz Park in Santa Barbara.**

The SOL Food Festival celebrates the local farmers, chefs, organizations and individuals who are working to better our food system. It connects, educates and inspires the community to participate in the growing Sustainable, Organic, and Local (SOL) food movement and the creation of a healthier, happier, and more sustainable community.

...and while you're there, stop by **Los Niños Head Start** at the west end of the park to see their **children's garden** and a photo display of Head Start gardens throughout the county.



**...and don't forget to come to Food Day on Friday, October 24, 2014**

**From 11 am to 1 pm at CAC's Back Door Deli  
315 Camino Del Remedio, Santa Barbara**

Jointly sponsored by CAC and the Santa Barbara County Public Health Department, Food Day is part of a national campaign to feature local growers. There'll be cooking and gardening demonstrations, free healthy samples, raffle prizes, and activities. "Food Day is an enjoyable and delicious way for all of us to learn more about health and nutrition. We invite community members to come out to the Food Day celebration," said Fran Forman, CAC's Executive Director.