

GET INVOLVED

- Learn how to cook healthy meals.
- Eat a fruit or vegetable you've never tasted before.
- Grow your own herbs.
- Purchase locally-grown food.
- Discover how easy it is to compost.
- Share your stories on Twitter using #FoodDayPhx

Event Partners



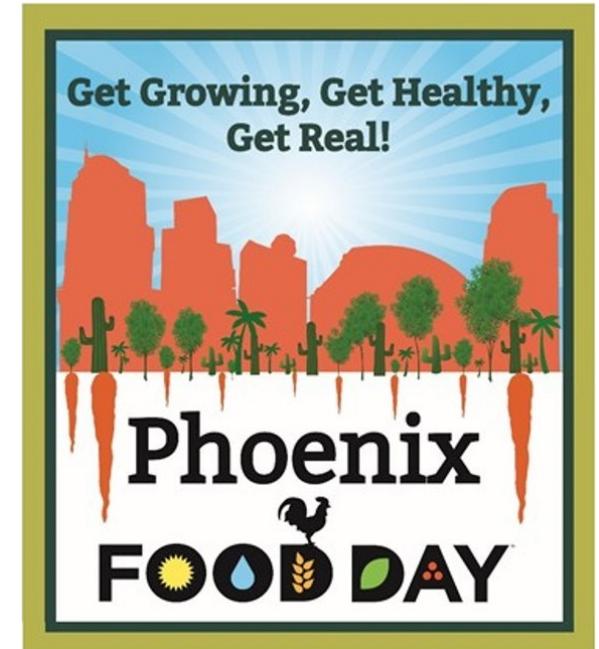
Phoenix Food Day
Oct. 22, 2015
10 a.m. to 2 p.m.
Cesar Chavez Plaza
251 W. Washington St.

Start Talking About Food

-  facebook.com/cityofphoenix
-  Instagram.com/cityofphoenixaz
-  [#fooddayPHX](https://twitter.com/fooddayPHX)

Contact Us

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 (602) 256-5669



October 22, 2015
 10 a.m. to 2 p.m.





Phoenix Food Day

Oct. 22, 2015 from 10 a.m. to 2 p.m.

Phoenix Food Day is a celebration of healthy, affordable and sustainably produced food! Phoenix Food Day aims to connect the community to inspire one another through:

- Gardening and sustainability
- Educational workshops
- Healthy cooking alternatives
- Affordable food for all
- Educating the next generation of consumers

The City of Phoenix Green Team, in partnership with FitPHX, Maricopa County, Keep Phoenix Beautiful, St. Mary's Food Bank, St. Luke's Health Initiatives, Valley of the Sun United Way, Downtown Phoenix Inc. Phoenix Children's Hospital/Kohl's fit, and Local First Arizona hosts the annual event. Join more than 75 exhibitors showcasing healthy food, nutrition information, gardening tips, and get fresh fruits and vegetables from local farmers.

Things to experience at Phoenix Food Day

Workshops- Guest speakers will present quick, informative 20 minute presentations on aquaponics, urban farming, nutrition, the GoodFoodFinder resource and more in the Phoenix City Council Chambers, upper floor.

Kids Zone- The Kids Zone is the central location for fun and education for all ages. Games such as, skee ball, fruit/veggie toss, fitness activities, and learning about gardening.

Film Screening- The film, "Growing Cities", a documentary about urban farming and its impact on a cities economy will be shown in the lower floor, City Council Chambers.



Food Day Café

11 a.m. to 1 p.m.

The **Devour Phoenix** Food Day Café will feature cooking demonstrations and food samples from local expert chefs and nutritionists on creating a variety of ethnic foods that are healthy, easy, affordable and perfect for the family on the go.

Entry into the Café is free and visitors can purchase \$1 food tickets to use for samples. *100% of the proceeds go towards the exhibitors' food costs.*

Food Day Café features

- ◆ Devour Phoenix local restaurants
- ◆ Cooking academies
- ◆ Nonprofit kitchens



Apple Crunch

The city's **FitPHX** program will host the second annual "Apple Crunch" in an attempt to set a record for the "most participants in an apple-crunching event in downtown Phoenix." The public is encouraged to join FitPHX by



crunching an apple at noon on Food Day as a unified approach to healthy eating. Thanks to BlueCross/BlueShield and Fresh Express for donating the yummy apples!



Reimagine PHX Waste Stations

As part of the city's efforts to reimagine a more sustainable Phoenix, Food Day will be a zero-waste event. Composting and recycling will be available at waste stations throughout Cesar Chavez Plaza. For more information on Reimagine Phoenix, visit phoenix.gov/ReimaginePhoenix.

