



Vision:

Leading the way in building healthier stronger communities in Ventura County.

Mission:

To promote community activities, policies, systems and environmental changes that foster healthy eating and regular physical activity to counter obesity and its related chronic diseases.



**LIVE WELL
EVERYDAY!**

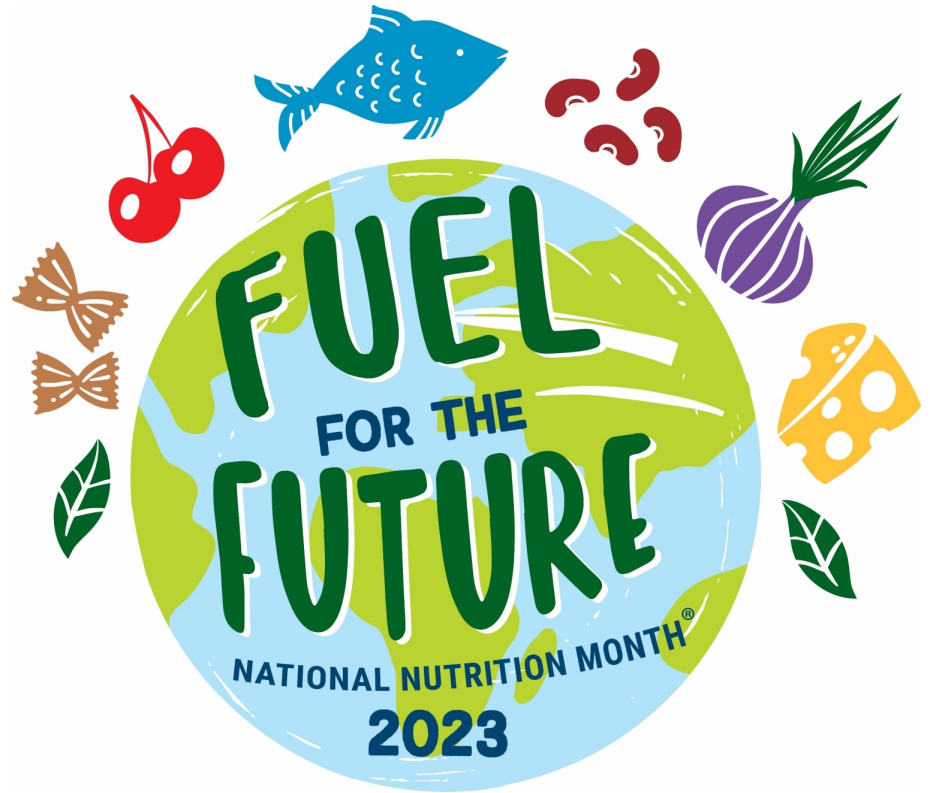
National Nutrition Month®

2023

Celebrating National Nutrition Month (NNM)!

The campaign was created over 50 years ago to bring attention to the importance of developing healthy eating and physical activity habits.

Through every phase of life, we aim to nourish ourselves to build better health for today and as we look to a more sustainable future!



2023 Health Champions

Selected for their work in building Healthy
Communities!

Mrs. Elvira Zavala

Community Liaison, Oxnard Police Department

Food Share, Ventura County

Monica White, President and CEO

Food Share Ventura County



LIVE WELL
Ventura County
Healthy Eating • Active Living

THANK YOU!

