



## GIVING BACK

# Plainfield Healthy Community Network to Host Free Tasting Events on Wednesday

By TAPINTO PLAINFIELD STAFF

October 18, 2017 at 3:27 AM

PLAINFIELD, NJ - A free healthy food tasting event will take place at two locations in Plainfield: Canela Grocery and Ravi West Indian Grocery, this Wednesday, Oct. 18, from 2:30 to 4:00 pm, as a part of the New Jersey Healthy Corner Store Initiative. This initiative connects corner store owners and neighborhood partners with resources to access fruits, vegetables, and other healthy food options.

Fresh fruit will be available at Canela Grocery, located at 414 Liberty Street, as well as Ravi West Indian Grocery at 204 Clinton Avenue. These food events are just some in a series that have taken place around the city. The goal of the events is simple: encourage local residents, especially students, to embrace healthy food options, and to switch from high sugar or salty snacks to fresh fruits and vegetables.

The events are sponsored by EZ Ride, New Jersey Healthy Corner Store Initiative, the City of Plainfield, the Plainfield School District, The Food Trust, NJ Partnership for Healthy Kids, Atlantic Health System, and The Healthy Community Network.

### **About EZ Ride:**

EZ Ride is a non-profit, public-private partnership with a mission to implement transportation programs and services that enhance the quality of life, regional mobility and economic opportunity while reducing traffic congestion and air pollution.

EZ Ride offers carpool, vanpool, and employee shuttle programs as well as senior transportation, special transportation, and Safe Routes to School (SRTS) programs in Bergen, Essex, Hudson, Monmouth, Passaic, and Union Counties. To learn more, visit [www.ezride.org](http://www.ezride.org) or call 201-939-4242.

### **About the New Jersey Healthy Corner Store Initiative:**

The New Jersey Healthy Corner Store Initiative is a partnership between The Food Trust, the Robert Wood Johnson Foundation, The American Heart Association and the New Jersey Partnership for Healthy Kids that connects corner store owners and community partners with the resources they need to increase the availability of fresh fruits, vegetables, and other healthy foods in corner stores throughout New Jersey. Visit <http://njhealthycornerstores.heart.org>, [www.njymca.org/main/healthy-corner-stores](http://www.njymca.org/main/healthy-corner-stores), or [www.thefoodtrust.org](http://www.thefoodtrust.org).



Plainfield Healthy Corner Store Initiative

## Free Health Screenings, Nutrition Activities and Clementine Samples



Ravi West Indian Grocery  
204 Clinton Avenue, Plainfield, NJ 07063

Wednesday, October 18, 2017  
2:30-4:00 PM

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