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FOR IMMEDIATE RELEASE

Nugget Market Teams Up With UC Davis Children's Hospital for Capitol Family Fun Day

First annual event teaches parents and children the importance of a safe and healthy lifestyle

Sacramento, Calif. - Joining with UC Davis Children's Hospital, Nugget Market is a presenting sponsor for this year's Capitol Family Fun Day on Sunday October 26, 2008. This free event runs from 10am to 2pm in and around the steps of the State Capitol, at the Capitol Park in Sacramento.

Capitol Family Fun Day's goal is to promote safe and healthy children and families while educating the community on nutrition, healthy eating, exercise and fitness (including childhood obesity prevention), and injury prevention (including bicycle, vehicle, and car seat safety). The event also features a variety of activities aimed at pre-schoolers to pre-teens, including booths and workshops for parents and kids

Nugget Market hosts its own "Nutrition Zone," featuring produce and healthy snack samplings, a pumpkin display, and a pumpkin-painting station for kids. Fitness and nutrition expert Dr. Liz Applegate will be on hand to share information about cultivating a lifestyle for optimum health. Attendees can also sign up for Nugget's free "Fresh to Market" on-line news letter, filled with tips, recipes, demos, and more.

"Nugget Market is dedicated to our children and our communities, and we're honored to be a part of the first Capitol Family Fun Day," says Eric Stille, president and CEO of Nugget Market. "It's a real thrill to be included in this fantastic event in support of the health and safety of our kids and families."

Since 1926, Nugget Market has stood behind its immediate communities while maintaining a steadfast commitment to offering unsurpassed service and quality products.

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