



Media Advisory
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Lundberg Family Farms® Recognized for Employee Wellness Programs

Lundberg Family Farms was honored Thursday, November 8th in Sacramento with a California Fit Business Award. State Senator Tom Torlakson, Chair of the California Task Force on Youth and Workplace Wellness, and Assembly Member Lloyd Levine presented Jessica Lundberg with the award.

Lundberg Family Farms was the only company in the Sierra Cascade Region recognized at the event for its innovative wellness programs including weekly produce deliveries supplying produce to employees free of cost. With over 33,675 pieces of produce delivered since the start of the program, Lundberg Family Farms has invested in the health of its employees to supplement their daily diets with fresh fruits and vegetables. Through a partnership with the *Network for a Healthy California—Sierra Cascade Region Worksite Program*, Lundberg Family Farms has implemented healthy policies at the worksite for the past two years.

The California Fit Business Award is a coordinated effort between the California Task Force on Youth and Workplace Wellness and the California Department of Public Health, *Network for a Healthy California—Worksite Program*. Businesses throughout the state are recognized each year in a competitive process to publicly acknowledge worksites for promoting policies to improve the health and fitness and lower the obesity rates among their employees. California has one of the fastest rates of increase in obesity in the nation. Physical inactivity, obesity and other health-related problems cost California businesses an estimated \$28 billion a year in lost productivity, workers' compensation, as well as direct and indirect medical costs. Worksite wellness programs are a cost-effective way to keep a healthy workforce.

For more information on Lundberg Family Farms wellness program and the *Network for a Healthy California—Worksite Program*, please contact Jennifer McClendon, the Worksite Coordinator for the Sierra Cascade Region.

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