



March 18, 2022

MEDIA ALERT

**ABC30/KFSN-TV FRESNO SPECIAL 'CHILDREN FIRST: FAMILY, FOOD AND FITNESS'
AIRS THIS SUNDAY, MARCH 20 (6:30 p.m. PST), TO RAISE AWARENESS FOR
NATIONAL NUTRITION MONTH**

**Viewers Can Stream Live on ABC30's Connected TV Apps on Amazon Fire TV,
Android TV, Apple TV and Roku**



ABC30/KFSN-TV Fresno, the No. 1 source for local news in central California, will air **"Children First: Family, Food & Fitness on Sunday, March 20, at 6:30 p.m. PST** for National Nutrition Month. Action News anchors Graciela Moreno and Jason Oliveira host the special focusing on local programs connecting families with nutritious food and promoting fitness. Viewers can also stream "Children First" live on ABC30's connected TV apps on Amazon Fire TV, Android TV, Apple TV and Roku.

According to Feeding America, 12 million children experience food insecurity in the United States.

Local stories include the following:

- ABC30 takes a look at food deserts in Tulare County and local programs that connect children and families in rural areas with produce
- Doctors discuss childhood obesity and dispel myths about certain food one may think is healthy
- Culinary expert chef Shayna shares tips on how to convince children to eat fruits and vegetables
- Fresno Metro Ministry teaches families how to add healthy ingredients to family meals
- A Tulare County physical education teacher is inspiring kids to stay active on and off campus
- Free Zumba classes being offered to parents

[Children First](#) is a year-round effort focusing on challenges and opportunities among the youth in Central California. The program shows how the average person can make a difference in a child's life and highlights local organizations working with children. The Children First campaign includes half-hour programs like "Family, Food & Fitness," 30-second public service announcements and special stories on Action News. ABC30 thanks its partners [Educational Employees Credit Union](#), [Tulare County Office of Education](#) and [Valley Children's Healthcare](#) for putting Children First in the Central Valley.

About KFSN

KFSN-TV ABC30 is the No. 1 source for local news in central California, both online and on the air. The station has dominated the local news ratings in the San Joaquin Valley for decades as a leader in multiplatform audience engagement. KFSN-TV is an ABC owned television station based in Fresno, serving Fresno, Madera, Merced, Mariposa, Tulare and Kings counties.

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ABC Owned Television Stations

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