

Shop Healthy



Shasta Lake

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Support HEALTHY Markets in Shasta Lake!

Shop Healthy Shasta Lake

Who we are:

Our group is made up of **individuals and community partners who are passionate about improving the health of our small community.** We encourage community members to shop locally. Our members are proud to live in the Shasta Lake area, a growing community surrounded by majestic landscapes and unlimited recreational activities.

Our vision:

We want our local markets to reflect our community. Our hope is that **Shasta Lake community markets will support healthy lifestyles** that many Shasta Lake residents and visitors strive to achieve.

Our goal:

Our group was formed with the purpose of **increasing access to healthy foods within our community.** We are collaborating with *Healthy Stores for a Healthy Community*, a statewide effort to improve health through changes in community markets.

Shop Healthy Shasta Lake will work with markets to:

- Provide more fruit, vegetable and healthy snack choices.
- Reduce tobacco, alcohol and junk food advertisements.
- Reduce youth access to flavored tobacco and alcohol products that are marketed toward youth.
- Increase healthy food options at/near check-outs.
- Provide healthy food tastings, recipes and cookbooks.
- Promote efforts to offer healthy choices in local media.

For more information or to get involved, please contact Mary Messier at 530-245-6639 or Jessica Duckett at 530-225-5134.

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