

This is one food fight you really need to win.



Getting your kids to eat healthy isn't always easy, but it's worth it. Eating more fruits and vegetables and getting 30-60 minutes of physical activity on most days of the week can help prevent obesity-related diseases like type 2 diabetes. For tips on winning the food fight, visit www.healthyshasta.org or call (530) 229-8243.



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HEALTHY

SHASTA

Better choices. Healthy changes.