

Bike Challenge

Celebrate Bike Month Events and
Take the Bike Challenge



HEALTHY
SHASTA

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Activate Shasta!

In This Issue

Bike Month is Almost Here!

Funding for Schools

Family Fun Fest & Kids Fishing Day

Free Gardening Class

Bike to School Day

Family Day at Hathaway Ranch

Go Outside & Play

Quick Links

[Healthy Shasta](#)
[National Bike Month](#)
[Bike to School Day](#)
[Shasta Land Trust](#)
[Go Outside & Play](#)

Bike Month is Almost Here!

The Bike Challenge will be held May 3rd - 18th this year and registration is now open! April is a great time to put your school or worksite team together. Teams that register with 5 or more members by April 21st receive a free **team captain kit** to help their team succeed. Register at <http://healthyshasta.org/>.

Mark your calendar for great Bike Month events coming up in May, many of which are free. New items this year include a Bike In Movie with Enjoy Magazine, Yoga for Bicyclists, Ride with a Transportation Official, a flat tire clinic, and a slow race. And don't forget the old favorites - free pancake breakfast tickets and valet bicycle parking with Shasta Wheelmen, energizer stations, and more. With all the variety, there is something for all ages and abilities!

For more information please call 229-8243 or email bike@healthyshasta.org.



Funding Opportunity for Schools



The Healthy Students Initiative (HSI) is offering a funding opportunity for the 2014-2015 school year. The HSI has up to a total of \$250,000 in grant funds available to support Shasta County public schools that participate in the National School Meal Program(s). Applications are due Wednesday, April 30, 2014.

The HSI grant program aims to help Shasta County schools enhance their environment for promoting healthy eating and physical activity. The grant program has two focus areas:

Funding Opportunity for Schools (continued)

1. Assisting schools with improving their school meals by implementing strategies, such as increasing scratch cooking, increasing the use of fresh produce, increasing meal participation, and improving the cafeteria environment.
2. Increasing the quantity and/or quality of physical activity available on the school campus, especially during the school day.

For more information, please see flyer, press release and/or the application form on the [Healthy Shasta website](#). The application is due April 30, 2014. Questions? Please contact April at 245-6843 or ajurisich@co.shasta.ca.us.

Family Fun Fest & Kids Fishing Day

The Anderson Partnership for Healthy Children and the City of Anderson invite you come join the fun **this Saturday, April 5**, 9 am - 2 pm, in the KC Grove at Anderson River Park!

In addition to free fishing at the ponds, there will be face painting and many fun activities for families and children of all ages. Shasta Wildlife's "Run For the Wild" fun run/walk will start off the day. You can also participate in Healthy Shasta's [Go Outside and Play Logo Hunt](#). It's a day of fun for the whole family!



Need more information? Please call City of Anderson Community Services at 378-6656 or Anderson Partnership for Healthy Children at 378-6060. Event co-sponsored by the CA Department of Fish and Wildlife.

Free Gardening Class

This **Sunday, April 6** at 2 pm, People of Progress and Growing Local will host a free garden talk about gardening during times of drought presented by Wayne Kessler, local longtime gardening go-to guy.

Information covered will include tips, techniques and timing for watering your garden with very little water, the importance of mulch, and types of plants that use less water, as well as demonstrating when and how to use water timers, drip tape and misters. There will be time for questions and answers.

At 4 pm, a separate session will be held for churches to discuss sharing resources to create new gardens. Some churches around the country have pledged to work towards having no members of their congregation without sufficient food and healthy vegetables. Some congregations are supporting food banks with their gardens and others are adopting families in their neighborhoods to help them have access to healthy vegetables from their gardens. This brainstorming session will also examine what goals some local projects could attain.

Location: First United Methodist Church, corner of South and East Streets in Downtown Redding, entrance in rear parking lot.

For more information please contact: Melinda Brown, 243-3811 or Wayne Kessler, 474-1646.



Celebrate Bike to School Day - May 7th

Bike to School Day is a day when communities from all over the nation come together to celebrate a child's active and safe trip to school.

Shasta County's Safe Routes to School Program recently trained representatives from 14 schools who will be participating in Bike to School Day events this May.



Bike to School Day Goals

- * Encourage more children to bicycle to and from school
- * Increase awareness of the importance of regular physical activity
- * Educate students on how to ride safely
- * Mobilize schools and neighbors to work together to make the streets more bike friendly

Bike to School Day Benefits

- * Increased levels of daily physical activity
- * Friendlier neighborhoods as people get out and interact with one another
- * Safer streets and neighborhoods
- * Fewer cars traveling through the neighborhood
- * Less traffic at school pick-up and drop-off points
- * Improved air quality reducing the risk of respiratory problems such as asthma

For more information, or to get your school involved in Bike to School Day, please contact Sara at 245-6457 or ssundquist@co.shasta.ca.us.

Family Day at Hathaway Ranch

Saturday, May 3, 10 am - 4 pm

Join Shasta Land Trust for a day of outdoor fun and learning along Oak Run Creek on Hathaway Ranch. This is a free event, but space is limited and you must reserve your spot by April 30. Lunch will be provided.

Activities will include: geocaching, creek explorations, a Native American village, nature art, and much more!



shasta
Land
Trust

"Conserving Local Land"

For more information, please contact Max at the Shasta Land Trust, 241-7886 or max@shastalandtrust.org.

Go Outside and Play!



Whenever we come across a good article, we like to share. So in case you need a little inspiration to get outside with your kids, here you go:

["5 Health Benefits of Playing Outside"](#)

Healthy Shasta: Making the healthy choice the easy choice in Shasta County!