



Issue No. 8

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Activate Shasta!

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www.healthyshasta.org

Nominate an Action Hero Today!

Healthy Shasta is seeking nominations for 2011 Action Heroes to be recognized and celebrated for making healthy eating and physical activity easier for others. Which youth, adults (volunteer or paid), groups, clubs, businesses or organizations inspire you with their efforts?

Nominate your favorite Action Hero by Friday, August 12th. Nomination forms and information at: <http://healthyshasta.org/actionheroes.htm>

See profiles of previous Action Heroes who exemplify the spirit of Action Hero recognition: http://healthyshasta.org/actionheroes_past.htm



Free Workshop on Bicycle and Pedestrian Risk Communication

Sign up today for the free 'Communication for Pedestrian and Bicycle Safety: Risk Response and Change' training in Redding on Tuesday, September 27. This full day training provides tools and templates to help you effectively communicate and frame the message around bicycle and pedestrian safety. Topics include tailoring messages, strengthening community partnerships, implementing risk communication activities, and responding effectively in the media to bicycle and pedestrian collisions. Lunch is provided. More information at www.healthyshasta.org. RSVP to 229-8497 or arammah@co.shasta.ca.us.



Earn \$500 for Your School

Shasta Safe Routes to School is offering up to ten mini-grants of \$500 each for school parent groups or site councils to coordinate Walk to School Day, Wednesday, October 5, 2011. Walking and biking to school are great ways for kids to get more physical activity. Applications are due Friday, September 2, 2011. For more information visit www.healthyshasta.org or contact Sara Sundquist, Safe Routes to School Coordinator, at 245-6457 or ssundquist@co.shasta.ca.us.



Free Gift Cards for Focus Group Participants

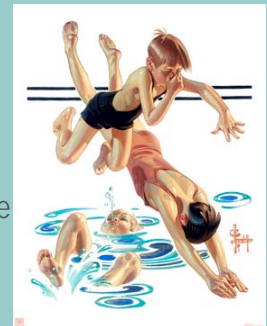
Shasta County Public Health is currently recruiting volunteers between the ages of 20 and 40 with children living at home to participate in a focus group in the evening on August 16th or 17th to test messages for a media campaign. Thirty dollar (\$30) gift cards to Sports Ltd. will be provided to participants. If you are interested in participating, please call 229-8488 for more details.

Save the Date for Walk This Way at Turtle Bay!

Healthy Shasta's 6th Annual Walk This Way at Turtle Bay event will be held on Saturday, October 1st. Activities will include fun for the whole family, FREE admission to Turtle Bay, kids activities, cooking demonstrations, and more. Stayed tuned for more information!

Thank you Cottonwood Park Board and Cottonwood Latinos in Action

The swimming pool at West Cottonwood Junior High was open to the public this summer thanks to the efforts of the Cottonwood Park Board and Cottonwood's Latinos in Action. Both groups worked hard to raise money to open the pool for the summer so kids and families would have a fun, healthy activity available. The pool is now closed due to limited funding and because school will be starting again soon. For more information about the pool or to get involved with helping open the pool to the public next summer, please call the Cottonwood Community Center at 347-1230.



EBT Gladly Accepted at Many Farmers' Markets this Year!

Households that receive CalFresh benefits (formerly known as Food Stamps) can use their benefits to purchase fresh produce at 5 farmers' markets in Shasta County this year. Visit www.healthyshasta.org for more information about farmers' markets, including days and hours of operation.

Markets that accept EBT cards:

Redding Market

Saturdays through December 17, 7:30 am - noon

Civic Center West Parking Lot, 777 Cypress Avenue, Redding
Mountain Market
Tuesdays through October 25, 4:30 - 6:30 pm
Shingletown Medical Center, 31292 Alpine Meadows Rd, Shingletown

Palo Cedro Market
Wednesdays through October 26, 4 - 6:30 pm
Farm Bureau Parking Lot (next to post office)
9444 Deschutes Road, Palo Cedro

Anderson Market
Thursdays through September 29, 7:30 am - 1 pm
Shasta Outlets Parking Lot, 1699 Highway 273, Anderson

Enterprise Market
Thursdays through October 27, 5:30 - 8 pm
Enterprise Health Foods Parking Lot, 1380 Hartnell Avenue, Redding

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

