Issue No. 11 December 2011

Activate Shasta!

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Action Hero Profile: Meet Debbie Lungi

Debbie Lungi, Principal of Lassen View Elementary School (kindergarten to 5th grade) in Redding, has been successful in making water, instead of sugary beverages, easy and refreshing for staff and students.

Lassen View School has replaced fruit punch at school events with cold flavored water. The water is naturally flavored with fresh fruit, vegetable slices or herbs to provide refreshing flavor without added calories or sweeteners. Students are drawn to the strawberry, orange and lemon-lime flavored waters.

Lassen View School is also embracing many healthy changes under Debbie's leadership. They have a daily fruit and veggie bar at lunch, they value cooking breakfast and lunch from scratch as much as possible, and they added a mid-morning snack time for students. Chocolate milk has been scaled back to one day a week. Thanks to a grant from the National Fruit Tree Foundation, Lassen View planted about 45 fruit trees. Students will harvest fruit (as is safe) and much of it will be used in the cafeteria. Recent campus upgrades include a 1/3 mile walking path, picnic tables, additional cement for basketball and wall ball, and upper body equipment on the playground. Families who live nearby regularly use these recreational facilities during non-school hours.

Tips from Debbie:

- Change doesn't happen overnight. Be patient and start small.
- Pick doable goals - start small and let it blossom. The hardest part is getting started.
- Think about the long term impact when serving kids and families.
- Keep in mind that things that help children's bodies stay healthy also help their minds be ready to learn.

Visit healthyshasta.org to learn more about Debbie's work and meet the other 2011 Healthy Shasta Action Heroes.

New Trail Open - John Reginato River Access

A little time off around the holidays provides a great opportunity to get out and explore Shasta County. This month take the family to check out the John Reginato River Access - a wonderful new trail off East Bonnyview near the Sacramento River. The trail is a short 0.75 miles one way with a flat, dirt surface and multiple river access points. There is a canoe/kayak ramp, ADA-compliant fishing platform, boat launch, and picnic tables available. Dogs on a leash are welcome to explore also. Visit healthyshasta.org for a map to this trail (look for #13 on the Google map and/or under 'Local Map Listings') and many others.

Sacramento River seen from trail.
Photo credit Paul Shigley.

Mercy Christmas Dash - Saturday, Dec 17th

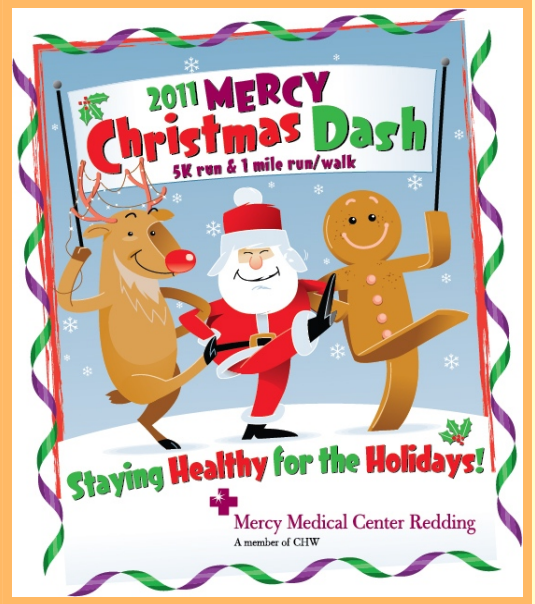
Bring your friends and family to the 2011 Mercy Christmas Dash - the *coolest* run/walk of the season!

5K run & 1 mile run/walk
Saturday, December 17th, 2011
9 am start time
Lake Redding Park / Sacramento River Trail

ENTRY FEES
5k Run $15
1 Mile Run/Walk. $10

REGISTRATION
Pick up and drop off completed registration form at:
Shasta Family YMCA - 1155 N. Court Street, Redding
Fleet Feet Sports - 1376 Hilltop Drive, Redding

For more information visit healthyshasta.org or email: MercyChristmasDash@gmail.com.



New "Salt Savvy" Content on Healthy Shasta Website

It could be in your bagel. Or your deli sandwich. It's almost certainly in your favorite frozen pizza. Hidden salt is so widespread in our food supply that the average American consumes about 3400 mg, more than twice the recommended daily maximum of 1500 mg for children and most adults.

One in three Shasta County residents has high blood pressure, and high sodium diets can increase the risk of high blood pressure, which can lead to heart disease and stroke. But now Shasta County residents have an online resource to help them identify hidden salt and take control of the sodium in their diet.

Healthy Shasta's Hidden Salt web page provides a basic overview of the hidden salt problem as well as practical advice on how families can start reducing the sodium in their food. Nearly 80 percent of the sodium we eat comes from processed and restaurant foods, so cooking from scratch with fresh foods is the most effective way to reduce sodium. Comparing brands and using salt replacements like chili powder or garlic can also make a difference. Check out the Hidden Salt page

for recipes, a list of "Salt Shockers," and much more.

Latest on Complete Streets from APBP: Free Brown Bag Lunch

What: Panel discussion to share the latest information on Complete Streets gathered at the recent Association of Pedestrian and Bicycle Professionals conference. Kent Manuel (City of Redding Planning), James Triantafyllou (City of Redding Engineering), and Brian Sindt (The McConnell Foundation) will share the latest information they picked up at this national conference.

When: Tuesday, December 6, 12 noon - 1 pm

Where: Redding Library Community Room, 1100 Parkview Avenue, Redding

Bring your lunch and your questions for this timely discussion!
RSVP to 225-3747or bike@healthyshasta.org

Holiday Recipe - Cranberry Upside Down Cake

Recipe from *EatingWell*, November/December 2009. This rustic cake is a delicious alternative to pie and uses one of the tastiest fruits of the fall harvest - cranberries. The basic recipe is very versatile and can be made with apples, pears, peaches, plums or any full-flavored, slightly acidic fruit. Just arrange the fruit in the skillet before you pour the batter over it. The cake is best served warm; if you can, put it in the oven just before you sit down to dinner. (Recipe adapted from *The Art of Simple Food* by Alice Waters.)

Cranberry Upside Down Cake (pdf)

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