



Issue No. 14

December 2012

Activate Shasta!

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2013 Foodcentric Film Series

Growing Local presents the 2013 Foodcentric Film Series

Featuring four fascinating food films for 2013

Don't miss the first event!

Thursday, January 3rd, 6 - 8 pm

Turtle Bay Exploration Park Visitor Center



Join Growing Local for a screening of two award winning short films:

Nourish traces our relationship to food from a global perspective to personal action steps.

To Plant a City follows Toby Johnston as he searches the North State to see the vital and unique role eating and purchasing local food has on our economy, health, and community.

Take a turn on the Healthy Shasta Bike Blender and whip yourself up a smoothie!

Seating is limited so arrive early! *The first 50 guests receive a free raffle ticket.* This event is FREE.

For more information, please visit healthyshasta.org/news/foodcentric-film-series or contact Melinda at 225-5351 or melinda@healthyshasta.org.

Smarter Lunchrooms Training

Monday, January 7, 8 am - 5 pm
 Anderson High School (1471 Ferry Street, Anderson)

The Healthy Students Initiative (HSI) is hosting a FREE training,



presented by experts from Cornell University, for school food service directors and cooks. Attendees will learn to:

- encourage healthy eating without nagging
- make low-cost changes to increase student fruit consumption
- lay out your cafeteria so students will choose and eat more healthy foods



Enjoy a free lunch, prizes and networking! Earn up to 8 CEU credits!

To register, call 245-6583 or amitchell@co.shasta.ca.us.

Gear Up for Bike Month 2013

Planning is underway for local Bike Month activities and the Bike Commute Challenge in May. Now is a great time to get involved!

There are many ways for individuals, clubs and businesses to get involved, such as:

- Join the planning committee (about 3 meetings total)
- Organize a bike related event in May (it could be something you're already doing and want to let the public know about - such as a bike ride, maintenance workshop, or kid's event)
- Donate a prize - people are entered into a free drawing every day they ride to work, school or an errand during the Challenge
- Offer a discount or incentive to people who bike to your business during May



Get involved by calling 229-8243 or by emailing bike@healthyshasta.org.

Cypress School Starts Walking School Bus

Cypress School started a walking school bus program in October of this year and has been going strong ever since, despite the rainy, chilly weather. A walking school bus is a supervised group of students walking to school.

Every weekday morning, Cypress School staff meet excited, energetic students at the First United Methodist Church and walk to school (about 3/4 of a mile), picking up other student passengers in the Garden Tract neighborhood along the way. Approximately 27 students make up the walking school bus.

For more information about starting a walking school bus visit healthyshasta.org or contact Sherrie at 229-8456.



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

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