



Issue No. 5

February 2010

Activate Shasta!

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www.healthyshasta.org

Coming Soon: Bike / Walk E-newsletter!

Interested in receiving occasional updates on biking and walking? The first bike/walk update, brought to you by the NorCal Bike Partnership and Healthy Shasta, will be sent out in early February. To update your account preferences to include bike/walk information, visit healthyshasta.org and enter your email address in the "Join Our Email List" box on the right. Then follow the instructions for updating your preferences. For more information contact Amy at 229-8243.

Safe Routes to School Workshop - FREE

Help us keep kids safe! On Thursday, February 11, 5:30 - 7:30 pm, the Safe Routes to School Program will be hosting a free workshop. Learn about a new, exciting network to create safer routes for kids to walk and bike to school. Genise Plessas, a mother from Sacramento will share how she built a successful walking school bus program at her child's school. A light dinner will be served and free child care is available upon request. Workshop will be held at the Family Literacy Center in the Enterprise School District office, 1155 Mistletoe Lane. Space is limited. Please RSVP by February 8th at www.saferoutestoschool.eventbrite.com. For more information, contact Sara, Safe Routes to School Coordinator, 245-6457.

March is National Nutrition Month!

Rethink your health and celebrate National Nutrition Month with FREE events around Shasta County!

Redding Public Library events (1100 Parkview Avenue):

- Spring Garden Workshop - March 15th, 5:30-7:30 pm
- Eat Right When Money's Tight - March 22nd, 5:30-7:30 pm (includes cooking demo)
- Create Healthy Habits - March 29th, 4-5:30 pm (kids' activities and FREE children's book, while supplies last)

Other Community events:

- Redding Lean-N-Green Day - March 3rd, 11:30 am-2 pm (777 Cypress Ave, Redding) Enjoy fun, interactive booths while exploring the Sculpture Park at Redding City Hall.
- Cooking Demonstration at Sav Mor Foods - March 10th, 3-6:30 pm (6536 Westside Rd, Redding)
- Anderson Lean-N-Green Day - March 24th, 9 am-4:30 pm (Volonte Park, Anderson) Enjoy fun, interactive booths while exploring the park trails.
- Cooking Demonstration for Families - March 24th, 5:30-7 pm (Anderson City Hall)

For more information about National Nutrition Month activities contact Mary at 245-6639. For additional information about Anderson events, please call 378-6656.

Introducing Healthy Kids Choice!

Healthy Shasta is partnering with local restaurants to increase the availability of healthy kids meals through the Healthy Kids Choice initiative! During the month of March, visit participating restaurants and receive a **free frisbee** with your Healthy Kids Choice meal!

Healthy Kids Choice restaurants offer:

■ At least one Healthy Kids Choice complete meal that includes all of the following:

- Main course is a lean meat or protein prepared using a low fat cooking method
- Side dish includes at least one of the following: fruit, vegetable, beans, or a whole grain option prepared in a low fat method
- No sugar added beverage

■ A fruit and/or non-fried vegetable substitution for french fries at no additional charge

■ Low fat milk, water and/or 100% fruit juice as a substitution for a soft drink at no additional charge

Participating Restaurants: Leatherby's in downtown Redding and more restaurants to be added very soon. Check the [Healthy Kids Choice page](#) on the Healthy Shasta website for updates!

For more information or to become a participating restaurant, contact Karrie at 245-6456.

Food, Inc. Showing & Panel Discussion - FREE

Saturday, February 6th, 3 - 6 pm

First United Methodist Church, 1825 East Street, Redding (NE corner of South & East Streets)

On February 6th from 3:00 to 4:30 pm the Shasta-Cascade Farm and Food Coalition in conjunction with Active Voice and other local organizations will host a showing of the documentary film "Food, Inc". The film shows how the nation's food production and supply has dramatically changed over the years. It depicts how food is now largely controlled by large corporations driven by profit margins; the role of fast and processed foods in the obesity epidemic; and the impact of current food production on the family farmer, the environment and the foods Americans consume.

From 4:30 to 6 pm (immediately following the film) an expert panel discussion will address some of the issues raised by the film and provide an opportunity for questions and answers. Local producers of both conventional and organic food will be displaying some of their products. The goal of this educational forum is to start a dialogue about ways to increase availability and promotion of healthy, affordable, local foods in the community.

The panel discussion will feature the following local experts on agriculture and nutrition:

- Gail Feenstra, PhD - UC Davis Food Systems Analyst, SAREP
- Glenn Hawes, B.S. - Shasta County Supervisor and Farmer
- Gerry Long, B.A., M.S. - Shasta County Organic Farmer and CCOF Inspector
- Dan Marcum, PhD - Farm Advisor, UC Cooperative Extension
- Dr. Ronald Reece - Medical Doctor and Land Use Advocate
- Bob Williams, PhD - Retired UCLA Professor and Cattlemen's Assoc.

For more information, see the [press release](#) or [poster](#).

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

