



Issue No. 3 July 2009

## Activate Shasta!

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[www.healthyshasta.org](http://www.healthyshasta.org)

## Healthy Shasta Action Heroes to be announced July 23rd!

Come to MarketFest on Thursday, July 23rd to meet the four Action Heroes! Healthy Shasta will be recognizing an individual, group, youth, and organization in Shasta County that has gone above and beyond to make healthy eating and physical activity choices easier for others. After July 23rd, Action Hero profiles and tips will be listed on the [Healthy Shasta](#) website. For more information call 229-8243.

## Eat a Rainbow at the Farmers' Market!

Saturday, July 25th, 8 - 11:30 am  
Redding City Hall, 777 Cypress Avenue

- Eat a Rainbow of Fruits and Vegetables and win!
- Spend \$20 (or WIC vouchers) for fresh fruits and vegetables and you'll be entered into a grand prize drawing for cookware!
- "Farmer Greeters" will help you shop for fresh produce and answer all of your questions.
- FREE recipes using your favorite fruits and vegetables.

For more information, call 225-5168 or visit the [Healthy Shasta homepage](#) to download an event flier.

## Great Places to Play!

The Healthy Shasta website now features ["Great Places to Play!"](#) Shasta County is full of great places to play - and many are free or very low cost. Each month we'll highlight a trail, recreation area, or other fun place to explore.

During the hot month of July, enjoy the cool waters of Whiskeytown Lake. Enjoy [ranger-guided kayak tours](#) (kids must be at least six years old, call 242-3462 to reserve a spot), [hike to a waterfall](#) (maps link), or [swim at the beaches](#) of Oak Bottom or Brandy Creek. Fees are per vehicle (\$5/day, \$25/year or use your Lassen or National Park Pass).

For a special treat, join park rangers at 9 am on August 15th for a Golden Spike Moment, celebrating the grand opening of the new Papoose Pass Trail! Hike with a ranger and receive a free Golden Spike. The ranger led hike will be 5 miles roundtrip. This great new trail is the first to connect trail systems on the east side of the park with those on the west side of the park. Call 242-3460 for information or meet at Sheep Camp at 9 am. Entrance to the park is FREE this weekend.

For more information about fun things to do at Whiskeytown, visit [www.nps.gov/whis](http://www.nps.gov/whis).

## Healthy Shasta's Walk This Way at Turtle Bay!

**SAVE THE DATE!**

**Saturday, October 3rd, 9 am - 3 pm**

Join the fun! Enjoy healthy cooking demos and food samples, health screenings, and kids' activities. Complete an activity passport at the event for a chance to win great prizes and join the scavenger hunt to find the Golden Shoes! This year's event will also feature entertainment by The Dance Project. FREE family event courtesy of Mercy Medical Center. Other sponsors include Turtle Bay Exploration Park and Redding Rancheria. For more information, call 242-3180.

## Walkability and Safe Routes to School

Healthy Shasta hosted national walkability and Safe Routes to School expert Mark Fenton in May. According to Fenton, things that matter for walkability include:

- Destinations within walking, biking and public transit distance
- Networked sidewalks, trails, bike lanes, and crossings
- Inviting settings for active travelers
- Safe and accessible for all ages and abilities

View Fenton's recommendations for our community, his slideshow, a one-page summary, or full report at [www.healthyshasta.org](http://www.healthyshasta.org). We invite you to get involved or provide comment related to walkability, bikability or Safe Routes to School, contact us at 229-8243 or 245-6457.

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