



Activate Shasta!

In This Issue

Walk This Way at Turtle Bay

Walk to School Day

OctoberFeast

Farm Trail Survey

Quick Links

[Healthy Shasta](#)

[Walk Bike to School](#)

[Shasta Safe Routes to School](#)

[Farm Trail Survey](#)

[Growing Local](#)

Walk This Way at Turtle Bay!

Healthy Shasta is proud to present the 8th Annual Walk This Way at Turtle Bay celebration! Make the healthy choice the easy choice and join us Saturday, October 5, from 9 am to 3 pm at Turtle Bay Exploration Park for this fantastic FREE family event.

Once again the festivities include healthy cooking demonstrations, health screenings, nutrition information, food samples, arts and crafts, as well as games and activities for kids of all ages. Highlights include:



- Free admission to Turtle Bay Exploration Park
- Free health screenings
- Healthy cooking demonstrations at the Sundial Bridge:
 - 1) Katie Bullock from Grilla Bites at 10 am
 - 2) Christine Silver from Tapas Downtown at 11:30 am
 - 3) Sadie Roy from Chartwells at Simpson University at 1 pm
- Early childhood development activities in First 5 Shasta's 0-5 Zone
 - 1) Mask Making
 - 2) Grasshopper Sports
 - 3) Obstacle Course
 - 4) Story Time and more...
- Season finale of the Walk on the Wild Side Animal Show at noon
- Special get fit routines
 - 1) KidsBeats and Drums Alive from Shasta Family YMCA
 - 2) Zumba presentation

For more information please call 242-3180 or visit www.healthyshasta.org.

Walk to School Day is October 9th!

Twelve Shasta County schools will join schools from around the world to celebrate International Walk to School Day on Wednesday, October 9th. Local elected officials and principals will lead "walking school buses" of students walking to school that day.

Walk to School Day brings parents, teachers, children, and community leaders together to focus on the importance of physical activity, safety and walkable communities. Walk to School Day events teach kids and parents to think of walking as an active, safe and healthy means of transportation.

The event is organized by the Shasta County Safe Routes to School program, which works with schools to improve pedestrian safety and to promote walking and biking to school.

To learn more about Walk to School, check out these great resources:

- [Why Walk or Bike?](#)
- [Tips for Parents](#)
- [Walk to School Initiatives](#) (pdf booklet)

For more information visit Healthy Shasta's [Safe Routes to School page](#). To assist with this event or the Safe Routes to School movement, please contact Sherrie Brookes at 229-8456.



OctoberFeast! Healthy Food, Healthy Families, Healthy Communities

**A celebration of Food Day and a benefit for
People of Progress Food Bank & Resource Center**

Thursday, October 24, 5:30 - 8 pm

First United Methodist Church, Community Room
1825 East Street, Redding

OctoberFeast brings together great chefs, locally grown food and the community - an unbeatable combination! Scrumptious seasonal meal and cooking demos will be presented by local chefs.

Families welcome!

Tickets \$15 per person

Guests 13-16 years old are \$6

Kids 12 and under are free

All proceeds benefit People of Progress Food Bank & Resource Center.

Seating is limited! Reserve your fork online or by phone.

For tickets visit www.peopleofprogress.org or call People of Progress at 243-3811.

RSVP appreciated by October 18th.

For more information visit www.healthyshasta.org or contact Melinda at 225-5351 or melinda@healthyshasta.org.



Shasta Cascade Farm Trail Survey

[Growing Local](#), Superior California Economic Development and Siskiyou County Economic Development Council would like your help with the [Shasta Cascade Farm Trail Survey](#). They are working together to get a comprehensive, up-to-date sense of the needs and expectations of the food consumers - as well as the growers, ranchers and retailers of the North State. Please spend just a few minutes to [complete the survey](#) and help plan a healthy food future for the North State communities.

For more information please contact Steve at growinglocalshasta@gmail.com.



Ghoulishly Great Ideas from the Center for Science in the Public Interest

If it were only at Halloween, we wouldn't be concerned about the candy. But it's not just at Halloween. It's candy and other treats all too often - breakfast candy (sugary cereals), liquid candy (soda), and fruit candies at lunch (fruit snacks/gummies/roll-ups).

Celebrating Halloween healthfully isn't about giving up all the treats. It's about bringing them into balance, especially since kids often have multiple celebrations: at school, at friends' houses, at after care, and in the community. And, of course, there's trick-or-treating.

There's more to Halloween than candy. There's dressing up, having fun with friends, playing games, and doing crafts. With so many celebrations throughout the year, it's important to enjoy each one without going overboard.



[Read more...](#)

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