



## Redding Girl Chooses Healthy Kids Choice and Wins a Bike!

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Shasta County, CA – Healthy Kids Choice was officially kicked off during the month of March. Children who chose a Healthy Kids Choice meal at one of nine participating restaurants received a free flying disc and were entered in a drawing to win a bike. The grand prize winner of the bike is 8 year old, Mayte De La Torre!

“One restaurant owner said he couldn’t believe kids would actually eat salad, but they did”, said Karrie Isaacson, Healthy Kids Choice Coordinator. “That’s what our program is trying to do; help restaurants give kids healthier options and think outside the traditional kids’ menu items.”

Healthy Kids Choice is a Healthy Shasta program that partners with restaurants in Shasta County to offer and promote healthier food options for children. The program aims to have healthy options available on kids’ menus throughout Shasta County. Having a healthy option available when dining out encourages children to eat more fruits and vegetables and can help decrease children’s fat and sugar intake.

Healthy Shasta would like to recognize and thank the following restaurants for their efforts in making the healthy choice the easy choice in Shasta County by making their healthy choices appealing, available and affordable for families: Angelo’s Pizza Parlor, Corbett’s, Damburger, Déjà Vu, Fat Daddy’s Gourmet BBQ, Leatherby’s Family Creamery, Rita’s Kitchen, Taqueria Los Gordos and TJ’s Drive-In.

For more information about Healthy Kids Choice or to become a Healthy Kids Choice restaurant, contact Karrie Isaacson at 245-6456 or log on to [www.healthyshasta.org](http://www.healthyshasta.org).

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City of Anderson

City of Redding

City of Shasta Lake

County of Shasta

First 5 Shasta

Mercy Medical  
Center

Redding Rancheria

Redding School  
District

Shasta College

Shasta County Office  
of Education

Shasta Family  
YMCA

Shasta Head Start

Simpson University

The McConnell  
Foundation

Turtle Bay  
Exploration Park

University of  
California Cooperative  
Extension

Viva Downtown

Whiskeytown  
National  
Recreation Area